

FocusOne Renew

Short-term goal orientated mental health counselling for adults living within Residential Aged Care Facilities and who are experiencing common mental health problems of mild to moderate severity

Therapeutic short term counselling for adults living within Residential Aged Care Facilities (RACFs) who have been diagnosed with mild to moderate mental health problems such as anxiety or depression. You will benefit from an evidence-based approach to help you build skills and strategies to better manage your mental health and related condition/s. This service is currently available in the Limestone Coast at participating RACFs.

Want to know more?
Contact FocusOne Health



Funded by



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