

**TELEHEALTH  
& VIDEO  
CONFERENCING  
OPTIONS  
AVAILABLE**

*CatholicCare*  
Diocese of Broken Bay

# COUNSELLING & PSYCHOLOGY SERVICES

## HOW DO WE HELP PEOPLE?

Understand their thoughts and behaviours

Improve their wellbeing

Develop strategies to deal with problems that weigh them down

Meet their goals, reduce their stress levels, manage negative thoughts, sleep better and feel good about themselves

We also help carers better understand what supports need to be put in place

## WHO DO WE SUPPORT?

Our friendly Therapy Services Team sees adults and young people aged 11 and up. However, if you need support for a child under 11 years, please reach out and we can connect you with other CatholicCare specialists.

We specialise in supporting clients who are living with anxiety, depression, PTSD and a range of mental health disorders related to trauma.

## WHAT DOES THERAPY LOOK LIKE?

We undertake a quick assessment of your needs

Commence therapy, and give you some tips to work on at home

Work together to set goals so we can track how you're doing

Develop some tools for you (or your carers) – like anxiety toolkits and communication supports

If you need reports, we can prepare those for you

## MORE INFO & BOOKINGS:

P: 1800 324 924

E: [info@catholiccaredbb.org.au](mailto:info@catholiccaredbb.org.au)

W: [catholiccaredbb.org.au](http://catholiccaredbb.org.au)

Services are available via direct payment, or through NDIS, Medicare & Victims of Crime with relevant referral support evidence.