



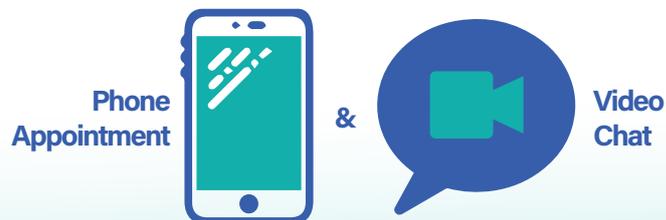
Sometimes
heroes
need helping too!

Feeling the pressures of ISO life?

As a parent, keeping you and your family's **mental wellbeing** in check is **important**. We are here to help you through these challenging times.

- Isolation getting too much
- Kids are bored at home
- Learning from home is a struggle
- Tensions are building at home
- Unrealistic expectations of life
- Feelings of hopelessness
- Feelings of loneliness
- Depression or anxiety
- Missing distant family members
- Relationship troubles

Centacare offers professional and confidential **counselling** and **psychology*** services. Sessions can be conducted over the **phone** or via **video chat**.



To make an appointment, call **1300 523 985**
or visit: centacarecq.com/counsellor-booking/

*Psychology appointments can be arranged as Telehealth and Bulk Billed through Medicare.