

Psychology and counselling



Support through life's ups and downs

At BlueCare, we understand that mental health is just as important as physical health. Whether you're feeling overwhelmed, adjusting to a major life change, or managing ongoing emotional challenges, our caring professionals are here to support you.

We offer confidential, person-centred support to help you feel heard, understood, and empowered—every step of the way.

Helping you care for your emotional and mental health

We support people experiencing:

- Anxiety, low mood or depression
- Stress related to health, ageing or caregiving
- Adjustment to illness or disability
- Social isolation or loneliness
- Grief and bereavement
- Relationship and family concerns

Support is available in your home, over the phone or via telehealth, depending on your location and needs.

How emotional wellbeing support can help

We'll help you:

- ✓ Talk through difficult thoughts or feelings
- ✓ Develop tools to manage stress and anxiety
- ✓ Adjust to life changes or health diagnoses
- ✓ Reconnect with your strengths and goals
- ✓ Navigate care systems and community support
- ✓ Support families and carers through challenging times

In some cases, we may help connect you with qualified psychologists or mental health specialists through referral pathways.

Explore our full range of allied health services

Exercise physiology • Physiotherapy • Podiatry

Occupational therapy • Speech pathology

Music therapy • Dietetics

Social work





Our psychology and counselling services are available through:

- Support at Home
- Department of Veterans' Affairs
- Fee-for-service

Let's get you moving

Speak with us today to learn more or to book a personalised assessment.

 1300 258 322

 bluecare.org.au

 BlueCare -
in good hands

 **BlueCare**
Live life your way