



## WHY MALLEE MINDS?

- Centrally located in the heart of Mildura
- Able to work with plan and self-managed NDIS plans
- Offers flexible appointments as well as Saturday options
- A variety of payment options including Apple Pay and Google Pay
- Invoicing available

## CONTACT

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**0491 192 080**



## MALLEE MINDS

### Mildura Counselling Service

A strength-based, client-focused counselling service for adults, young people and children. A safe, comfortable and confidential place to explore issues and collaborate to address them.

“Relationships matter: the currency for systemic change was trust, and trust comes through forming healthy working relationships. People, not programs, change people.”

— Bruce D. Perry



**Mallee Minds was developed in March 2020 with the objective of expanding Mildura’s mental health network and improving access to services for everyone, regardless of their background or identity. Counselling is vital part of that network, being able to take on clients when alternative pathways are at or beyond capacity. While not a crisis service, it seeks to equip with skills and resilience at an earlier point to avoid or minimise further treatment.**

**Choosing a counsellor can be a difficult task at the best of times. In the Mallee, it’s made even harder by distance. However the benefit of having a smaller system is those within can develop fantastic relationships with both clients and other professionals. Seeking counselling can also be a difficult choice to make – the jump from “I’ve got this” to “I haven’t got this” can be tough to find, let alone attempt.**

**I have worked with a variety of different people facing difficult, complex and overwhelming adversity in their lives. I will work to the best of my ability with clients, and refer on if required. I have a Bachelor of Arts (Psychology), Diploma in Community Service Work and Graduate Diploma in Psychology. I have also spent years working in child protection and community services**

**Social distancing is applicable in the sessions. Hand sanitiser and tissues are also available. The office is regularly cleaned and sanitised.**