

MindCare

Mental Health & Well-Being

Experiencing mental health issues?

Our specialist Psychologists and Psychiatrists can help!

A
Supportive
& Holistic
Approach

- Anxiety
- Depression
- Phobias
- Self-harm
- Trauma & Post-Traumatic Stress Disorder (PTSD)
- Relationship difficulties
- Bereavement and Grief
- Obsessive Compulsive Disorder (OCD)
- Borderline Personality Disorder
- Bipolar Disorder
- Attention Deficit and Hyperactive Disorder (ADHD)
- Confidence and self-esteem
- Concentration, intellectual, memory and executive functioning difficulties

Medicare Benefit available with referral



BUILDING RESILIENCE, TRANSFORMING LIVES

REFERRAL DETAILS

- 📍 Level 3, 28 Smart St, Charlestown NSW 2290
 - ☎ 02 4943 4111
 - ✉ hello@mindcare.net.au
- www.mindcare.net.au

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