

Have a patient that feels **lonely or isolated?**...

FREE SUPPORT

If your patient is over 65, or an Aboriginal or Torres Strait Islander over 55, or a Carer for the elderly, **Direction Psychology** are offering free support services to help them reconnect; mentally, socially and spiritually.



WHAT SERVICES?

The fully funded services available include:

- Up to 12 free one-to-one face-to-face, telephone or video appointments to support and help them reduce feelings of loneliness and improve their overall emotional well-being;
- 4 x weekly group classes to help reduce their stress and anxiety, and improve general emotional well-being;
- Connection to services and social activities that suit their needs.

Direction Psychology's caring team help people live happier and healthier lives.

Patients can phone **1300 322 068 (option 3)** to access services.

www.directionpsychology.com.au

