



WHITE CLOUD

TELE-MENTAL HEALTH SERVICE

07 3155 3456

Launched in August 2021, this novel telehealth service provides holistic clinical and practical care to treat and support a person's depression and/or anxiety from multiple fronts.

The service is operated by a Brisbane-based team of mental health clinicians including psychologists, exercise physiologists, dietitians and social workers. This team of specialists work together to develop individualised treatment plans that address a client's specific needs and symptoms, and arm them with strategies to better manage their mental and emotional health.

We specialise in preventing depression from developing or worsening, restoring wellness and quality of life, and building resilience for the future.

This service is currently available free-of-charge to all Queenslanders with all appointments being conducted via phone or video conferencing.

A client can either self-refer (just pick up the phone and call us direct) or they can be referred to the service through their GP, local hospital, workplace or other community group/facility.

A White Cloud Tele-Mental Health client does not require a mental health plan from their GP.

The White Cloud team can help with:

- Anxiety, stress, depression
- Grief/loss
- Relationships or family issues
- Coping with change
- Dealing with financial or other life pressures
- Living with serious injury or illness
- Improving wellness and quality of life



No referral required. No mental health plan needed.
No need to travel. No cost to you.



WHITE CLOUD
FOUNDATION