



WHITE CLOUD

TELE-MENTAL HEALTH SERVICE

07 3155 3456

Feeling depressed or anxious is not a weakness. It happens to most of us at some stage. The weakness is in ignoring it and letting it fester and grow. All problems have solutions... and sometimes you just need to talk them through.

White Cloud Foundation has developed a new telehealth service which provides professional, multi-disciplinary mental health treatment and support via phone or video. The service is available to anyone living in Queensland.

Our team of social workers, counsellors, psychologists, dietitians, exercise physiologists and other mental health clinicians will treat your symptoms of depression and anxiety from multiple angles. You will receive treatment and support based on your individual needs.

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

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



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White Cloud Tele-Mental Health team can help with:

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



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