

# WHAT TO EXPECT FROM WHITE CLOUD TELE-MENTAL HEALTH

Need more info? [whitecloudfoundation.org](http://whitecloudfoundation.org)



You can always tell it is us calling because this number will come up :

38659855

## PHONE



We will only send you emails from this address :

[Stratus@whitecloudfoundation.org](mailto:Stratus@whitecloudfoundation.org)

## EMAIL



We need your consent (and your parents if you are under 18!). If this doesn't feel right please talk to us.

## CONSENT



Did we get it wrong or right? We take feedback seriously. Email us on :

[Info@whitecloudfoundation.org](mailto:Info@whitecloudfoundation.org)

## TELL US



## YOUR SAFETY AND WELLBEING IS OUR PRIORITY

HOW CAN WE HELP YOU?  
*(Remember, it's all for free!)*



## DIETITIAN

Healthy eating equals healthy bodies.

Our dietitians will help you set healthy eating goals.



## EXERCISE PHYSIOLOGIST

Exercise equals energy.

Our exercise physiologists will help you set movement goals.



## SOCIAL WORKER COUNSELLOR PSYCHOLOGIST

Support equals success.

Our counsellors will help you set day by day goals.



## YOU

Big or small, together we can get through it.

Our team is here to help you manage some of life's challenges.