

Assessment and provision of Early intervention in mental health; anxiety, depression and life coaching.

- Supportive counsellor- Training in ACT and CPT
- Reactivation into meaningful activity after illness/injury or grief.
- Assessment, strategies and education to assist with sleep issues/disorders

## Details

- Email: [Thesleepsolutionsclinic@gmail.com](mailto:Thesleepsolutionsclinic@gmail.com)
- Phone: 0212508628

## Website

[communitynetworks.co.nz/wp-content/uploads/2017/11/Counselling-Mental-Health-Services-in-the-Upper-Clutha-3.pdf](http://communitynetworks.co.nz/wp-content/uploads/2017/11/Counselling-Mental-Health-Services-in-the-Upper-Clutha-3.pdf)