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
- Phone: 0212508628

Website

communitynetworks.co.nz/wp-content/uploads/2017/11/Counselling-Mental-Health-Services-in-the-Upper-Clutha-3.pdf