

# Psychological Counselling

Online mental health support, wellbeing, and relationship support to help you reach your mental health goals.

- **Affordable** – low fees
- **Accessible** – anywhere in Australia
- **Effective** – skilled mental health practitioners



## How it works



**1** Choose & book



**2** Access rebates (optional)



**3** Get started

## Ready to get started?

Scan the QR code to find the care you deserve.

[www.irelatehealth.org.au](http://www.irelatehealth.org.au)

