



PSYCHOLOGY SUPPORT PROGRAM

TEN
FREE sessions
with a provisional
or general
psychologist!

Change Futures work with people of all ages to support positive change and enhance psychological and emotional wellbeing. We are passionate about making a difference.

Are you feeling more emotional, stressed or anxious? Are you feeling uncertain or worried about the future? We can help! As a non-profit psychology practice Change Futures is all about our clients.

HOW TO MAKE A BOOKING

Call or email our friendly team at The Y and we will arrange all necessary steps for your booking with the Change Futures counsellor

Please note: A Mental Health Care Plan from your GP will be required within the first three sessions. This will not use sessions under Medicare.

WHO WE WORK WITH

Children, young people, adults and older adults with depression, anxiety, relationship issues, grief and loss, intimacy issues in partner relationships, gender and identity issues, sexual dysfunction, those impacted by natural disasters, adjustment issues and coping with change. We can also provide support around workplace stress or anxiety, personal development, and career adjustment and transition. You can self-refer, or be referred by your GP and other health professionals and support services.

The Y Wynnum Community Hub
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