



# Empowering Mothers

**Virtual Psychologist  
for Postnatal Wellness**



Text  
Counselling



Audio  
Counselling



Video  
Counselling

The Virtual Psychologist Pilot, generously funded by the Primary Health Network (the PHN), is here to provide essential postnatal support and care to mothers in **Narrabri**, **Gunnedah**, and **Moree** NSW.

- ✔ **Accessible Anywhere, Anytime:** Get support whenever and wherever you need it. Help is just a message or call away.
- ✔ **Expert Care:** Qualified mental health practitioners provide personalised counselling sessions prioritising your comfort.
- ✔ **10 FREE Sessions:** Thanks to PHN funding, you'll receive 10 FREE sessions of your preferred therapy format. Text, Video or Audio Therapy – Your Choice.



**Scan the QR code** to send a WhatsApp message, or text **0481 612 906** (text line only), to book an appointment. *You're not alone in this journey.*