

# Empowering Mothers

## Virtual Psychologist for Postnatal Wellness



Text  
Counselling



Audio  
Counselling



Video  
Counselling



Providing essential postnatal support and care to mothers in the rural areas of **Narrabri**, **Gunnedah**, and **Moree** in New South Wales (NSW).

- ✓ Access Essential Support Anywhere, Anytime
- ✓ Qualified Mental Health Practitioners Dedicated to Your Well-being
- ✓ **10 FREE Sessions** thanks to PHN Funding
- ✓ Text, Video, or Audio Therapy Available - Your Choice



Whatsapp  
**0481 612 906**



Text  
**0481 612 906**

To book an appointment send a **Text** or **Whatsapp** to **0481 612 906** (text-line only)