



Inspiring change and
boosting mind fitness

ONLINE COUNSELLOR

CHAT2CHANGE COUNSELLING *Service*



WHY CHOOSE US?

Denise is a qualified counsellor
dedicated to evidence-based
practices.

- CBT
- MBSR & Mindfulness
- ACT

Confidential & private

Timely online support

Minimal wait times

Flexible scheduling

Collaborative care

Competitive pricing for uninsured



Online booking
chat2change.com.au



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OUR SERVICES

Anxiety

Grief

Loss

Work-stress