

What's troubling you?

Is it a break-up, marriage breakdown, financial stress, lack of sleep or have you gotten to the point where nothing seems to even matter anymore? Don't allow the negative thoughts in your head to be the person you turn to.

We've helped hundreds of other people just like you to navigate through the storms of life. Imagine being able to get to a better place while looking back on your current situation with a smile? That's what we specialise in **Helping You Get to a Better Place.**

We all need someone to talk to at one stage or another.

It's called being human. Picking up the phone and calling someone can be a bit intimidating, and that's completely okay. We get it.

That's why we're here for you 24/7 by Text.

It only takes one conversation over text to get a different perspective, and it ultimately leads to a different outcome.

We are qualified mental health professionals and we are here to help 24/7!

Contact us via TEXT on:

- 0488807266
- ypsycholgist vpsycholgist
- Virtualpsychologist
- www.virtualpsychologist.com.au