



Is your loved one feeling depressed or anxious?

WiseMind Mental Health support is available to residents of participating Residential Aged Care Facilities.

Residents experiencing mild to moderate mental health issues such as depression and anxiety, or who you think may be at risk of developing mental health issues, can now receive free support at their residence with no out of pocket expenses.

WiseMind
Psychological Therapy Services
for Residential Aged Care Facilities

Benefits of the **WiseMind** program can include:

- mood improvement
- reduction in anxiety & stress
- improved adjustment to life changes
- greater engagement in activities and social connections at the facility

For more information
talk to a staff member or the GP for a referral.
www.nbmphn.com.au/WiseMind

phn
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