



**PCCS YourCoachPlus**

**FREE**

**Professional  
Mental Health  
Coaching**



**Guiding you to  
confidence, clarity,  
and improved wellbeing**

[pccs.org.au/ycp](https://pccs.org.au/ycp)



Australia's leader in  
*social prescribing*<sup>®</sup>

## YourCoachPlus - Practical Mental Health Support to Feel Great!

YourCoachPlus is a free, low-intensity mental health coaching program for anyone aged 16+ in Central and Eastern Sydney. Drawing on practical strategies inspired by Cognitive Behavioural Therapy (CBT), our coaches help you:

- Build confidence to handle everyday stresses
- Strengthen emotional balance
- Build supportive habits for better wellbeing
- Gain confidence and practical tools to handle life's ups and downs

*"YourCoachPlus empowered me to better myself. This is an incredible service! I felt fully supported and cared for."*

*- Annie, Program Participant*


## Why Choose YourCoachPlus?

- **No Referral Needed** - Get started quickly and hassle-free.
- **Personalised Coaching** - Access up to 10 sessions by phone or video call, whenever suits you.
- **Free and Confidential** - No fees and your privacy is respected.
- **Fast Track Your Wellbeing** - Begin your journey and feel the positive effects as soon as possible.

## Ready to Begin?

If you're ready to improve your mental wellbeing, visit [pccs.org.au/ycp](https://pccs.org.au/ycp) or scan the QR code to learn more and register.

This program is designed for mild to moderate mental health challenges. If you or someone you know is in crisis or needs urgent help, please call 000 or refer to local crisis services.

 (02) 9477 8700

 [enquiries@pccs.org.au](mailto:enquiries@pccs.org.au)

 [pccs.org.au/ycp](https://pccs.org.au/ycp)



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**Better  
together**

*Practically supporting wellbeing*