

Free Mental Health Coaching - Your Coach Plus

Are your clients looking for extra support to manage life's ups and downs? *YourCoachPlus* offers **free mental health coaching** – no referral required – for anyone aged 16+ living, working, or studying in Central and Eastern Sydney.

Whether your client is feeling stressed, low, overwhelmed, or just wants to build better habits, *YourCoachPlus* provides personalised, one-on-one support using evidence-based strategies inspired by Cognitive Behavioural Therapy (CBT). Sessions are available by phone or video, and there's little to no wait time to get started.

Each week, your client works with a training Coach to set goals, learn practical skills, and take small, achievable steps to boost their wellbeing. From managing anxiety and low mood to navigating life changes or strengthening communication skills, *YourCoachPlus* is designed to help your clients feel stronger, more confident, and in control.

Getting started is easy – just call 02 9477 8700 or visit their website to learn more.

<https://www.pccs.org.au/your-coach-plus/>

<https://cesphn.org.au/general-practice/help-my-patients-with/mental-health/mental-health-services-funded-by-cesphn/your-coach-plus>