




# Individual Counselling



## Support for Life's Challenges, Healing, and Personal Growth

A safe, confidential and non-judgemental space to explore your concerns, build resilience, and create meaningful change.



Your wellbeing  
matters.

Let's take the next  
step together.

### AREAS OF SUPPORT



Stress & Anxiety



Depression & Low Mood



Trauma & PTSD



Grief & Loss



Loneliness & Isolation



Addiction & Recovery



Life Transitions & Change



Relationship Difficulties



Low Self-Esteem & Confidence



Personal Growth & Purpose

### HOW COUNSELLING CAN HELP



#### A SAFE SPACE

Talk openly and freely in a confidential, non-judgemental environment.



#### GAIN CLARITY

Understand your thoughts, emotions and patterns to make sense of what you're facing.



#### BUILD RESILIENCE

Develop coping strategies and skills to manage life's challenges.



#### HEAL & GROW

Work through past experiences and create positive, lasting change.



#### MOVE FORWARD

Strengthen your self-esteem, relationships and overall wellbeing.



Everyone's journey is unique. Together, we'll work towards a healthier, more fulfilling life that aligns with your values and goals.

## Dr Andrea Bellia (PhD)

COUNSELLOR & PSYCHOTHERAPIST

Compassionate. Professional. Personalised.  
Supporting you to live a more balanced,  
connected and meaningful life.



Doctor of Philosophy (PhD)



Member – Psychotherapy and  
Counselling Federation of Australia (PACFA)



Listed on the Australian Register of  
Counsellors and Psychotherapists (ARCAP)



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Ochre  
Health

Better healthcare, together.

