PCCS YourCoachPlus

Professional Mental Health Coaching



Guiding you to confidence, clarity, and improved wellbeing



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 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 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.



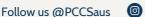
(02) 9477 8700



enquiries@pccs.org.au



pccs.org.au/ycp









Better together





