

Hybrid Therapy Program

A combination of individual counselling and digital mental health treatment programs.

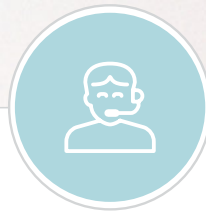
Engage in both the individual counselling sessions and the iCBT modules



**Individual
Counselling**



**Digital Mental
Health Treatment**



**Up to six initial
sessions**



**A range of Mental
Health Symptoms
and Disorders**

**To register your interest in Hybrid Therapy, please email:
hello@thinkmh.com.au or call 1800 595 212**

Canberra Head to Health, Shop G7 (Ground Floor),
14 Childers Street, Canberra City ACT 2601.

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hello@thinkmh.com.au

Think Mental Health Pty Ltd
ABN 26 653 153 934 | PO Box 260 Deakin West 2600