

Healing Minds



What is Healing Minds?

Healing Minds is a confidential phone-based coaching program for Indigenous people by Indigenous people.

It is about acknowledging where you are, and where you want to be.

What is involved in the appointments?

The program involves coaching for mental and emotional wellbeing for those with mild to moderate stress and low mood. The program offers a confidential space for clients to share their story and receive strategies to improve mood and to manage stress.

Who can access the program?

Aboriginal and Torres Strait Islander people over the age of 18 can access the program. There is no direct cost.

What if I have severe anxiety or depression?

This service is not a crisis line. For those that are currently experiencing higher intensity or severe symptoms, please

- Get in touch with your GP
- Access the many resources available through beyondblue.org.au
- Contact the suicide call back service 1300 659 467

We all know life has its ups and downs. Sometimes, the downs can build up and we feel like we will never get on top of them.

Contact the Healing Minds team
1800 810 255 (Mon-Fri 8:30am-4:30pm)
healingminds@australianunity.com.au