



Improve your mental health with these top tips from our experienced team of mental health professionals

Do something to engage with other people regularly. For example, organise a social activity or volunteer to get involved in your community.

Rachel Home

Clinical Psychologist Registrar



Recognise your strengths and avoid negative self-talk. Your thoughts shape your beliefs, so focus on constructive thoughts about yourself wherever possible.

Jenni Byers

Clinical Psychologist



Take the time to understand yourself and address personal issues as they arise. That means getting help if you need it.

Neil Taylor

Clinical Psychologist



Make time for yourself regularly to be social, meditate or do something to help you relax.

Megan Carter

Clinical Psychologist



Try to talk about your mental health regularly to someone you trust, like a friend, family member or colleague, or reach out to a counselling service. You are not alone!

Imke Cronje

Clinical Psychologist



Small changes can lead to huge improvements. Get started on something simple and achievable and see what differences you notice.

Athalie Phau

Clinical Psychologist Registrar



Also check out our mindfulness video series at www.blackswanhealth.com.au/mindfulness

To find out more about Black Swan Health's counselling team and how they can help you to live life to the fullest, visit the website or contact us today