



BLACK SWAN
HEALTH LTD

Meet our Psychologists

Leading the way in health and wellbeing

Flora Chong

Occupational therapist

Flora has spent her entire career working in mental health, in the public, private and not-for-profit sector.

She believes there is not a “one size fits all” approach to mental health and deals with people on an individual level, tailoring to what the client needs.

Flora uses a combination of Cognitive Behavioural Therapy, Solution-Focussed Therapy, Mindfulness, person centred and functional goal orientated approach.

Flora loves to see her clients grow and be able to tap into their inner strength and overcome difficult circumstances. she says seeing results and improvements in clients is the highlight of her career.

Specialises in the treatment of:

- Mood disorder- anxiety/depression
- PTSD
- Sleep disorders
- Perinatal depression
- Dementia and older adult mental health
- Veterans mental health

Can also help with:

- Grief and loss
- Relationship issues
- Adjustment disorders – divorce, separation, birth, marriage, retirement etc
- Social anxiety

Flora’s mental health tip:

“You are stronger than you think. It is often through adversity that your inner strength can truly shine.”

WINNER 2017 North West Metro Business Awards	WINNER 2017 WA Disability Support Awards	WINNER 2017 WA Disability Support Awards	WINNER 2018 Fremantle Business Awards	WINNER 2018 Stirling Business Awards	WINNER 2018 Joondalup Business Awards
Best New Business	Overall Award for Excellence	Excellence in Advocacy and Rights Promotion	Excellence in Innovation	Community Hero of the Year	Excellence in Customer Service

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