

# BlueSky Mind Studio Helping clients overcome barriers and achieve goals

BlueSky Mind Studio provides patient centered care and support through strength based therapies to assist the people we care for to overcome barriers and achieve their goals. Our evidence based programs provide structured support that is achievable in a set number of sessions.



# Improve health and wellbeing

Using motivational and strength based treatments we will improve the health and wellbeing of the people we care for



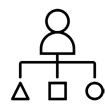
# Convenient Delivery

Our telehealth services are delivered via phone or video call; frequency and timing of sessions agreed for maximum flexibility and availability



### Qualified Therapists

Our therapists are trained and skilled in the most up to date methods and techniques



### Structured support

We will assess the level of support required during intake and advise on a structured program to strengthen outcomes for the participant



### Cost effective

Our services are high quality and competitively priced; our structured model allows us to provide upfront costs for required programs



## Privacy

Privacy and confidentiality are of utmost importance to us. All records are securely stored in our registered Client Management System

Ask us for more information about our NDIS programs to help improve mental health and support independence and employment goals

# Find out more

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