



# Improve your quality of life

**Do you have emotional concerns that you would like to talk about with a trained professional?**

The Emotional Wellbeing Space (EWS) offers free individual or group counselling to support you with these concerns and to help improve your quality of life. We'll support you to cope with life challenges, regulate emotions and use your inner strengths to build resilience for long-term wellbeing.

## **Why EWS?**

- FREE service
- No GP referral required
- Access to trained mental health professionals
- Private and confidential
- Flexible online or face-to-face sessions

## **Eligibility**

Anyone aged 18+ who lives, works or studies in the following LGAs Northern Beaches, Ku-ring-gai, Willoughby, Hornsby, Hunters Hill, Lane Cove, Mosman, North Sydney and Ryde.

This service is supported by Sydney North PHN.



## **FOR MORE INFORMATION:**

Email: [ewspace@anglicare.org.au](mailto:ewspace@anglicare.org.au)

Web: [anglicare.org.au](http://anglicare.org.au)