|  |  |
| --- | --- |
| 1 out of 8 | |
| uniqueId | 1001 |
| servicesName | [Depression therapy](http://webdesign-finder.com/psycheco-psychology/service/depression-therapy/) |
| img | https://ibb.co/xLR0LFp |
| dis1 | Pharmacotherapy is a therapy that uses pharmaceutical drugs. Pharmacotherapy is used in the treatment of mental illness through the use of antidepressants, benzodiazepines, and the use of elements such as lithium. It can only be prescribed by a medical professional trained in the field of Psychiatry. |
| dis2 | Studies have shown that in some cases, physical activity can have the same impact as antidepressants when treating depression and anxiety.[[88]](https://en.wikipedia.org/wiki/Mental_health#cite_note-88)  Moreover, cessation of physical exercise may have adverse effects on some mental health conditions, such as depression and anxiety. This could lead to many different negative outcomes such as obesity, skewed body image, lower levels of certain hormones, and many more health risks associated with mental illnesses.[[89]](https://en.wikipedia.org/wiki/Mental_health#cite_note-89) |
| dis3 | Activity therapies also called recreation therapy and occupational therapy, promote healing through active engagement. An example of occupational therapy would be promoting an activity that improves daily life, such as self-care or improving hobbies.[[90]](https://en.wikipedia.org/wiki/Mental_health#cite_note-90) Similarly, recreational therapy focuses on movement, such as walking, yoga, or riding a bike |
| dis4 | [Expressive therapies](https://en.wikipedia.org/wiki/Expressive_therapies) or [creative arts therapies](https://en.wikipedia.org/wiki/Creative_arts_therapies) are a form of [psychotherapy](https://en.wikipedia.org/wiki/Psychotherapy) that involves the arts or art-making. These therapies include [art therapy](https://en.wikipedia.org/wiki/Art_therapy), [music therapy](https://en.wikipedia.org/wiki/Music_therapy), [drama therapy](https://en.wikipedia.org/wiki/Drama_therapy), [dance therapy](https://en.wikipedia.org/wiki/Dance_therapy), and poetry therapy. It has been proven that [Music therapy](https://en.wikipedia.org/wiki/Music_therapy) is an effective way of helping people who suffer from a mental health disorder.[[93]](https://en.wikipedia.org/wiki/Mental_health#cite_note-93) Dramatherapy is approved by NICE for the treatment of psychosis. |
| dis5 | According to Neff, self-compassion consists of three main positive components and their negative counterparts: Self-Kindness versus Self-Judgement, Common Humanity versus Isolation and Mindfulness versus Over-Identification.[[95]](https://en.wikipedia.org/wiki/Mental_health#cite_note-95) Furthermore, there is evidence from a study by Shin & Lin suggesting specific components of self-compassion can predict specific dimensions of positive mental health (emotional, social, & psychological well-being) |
| bullet1 | face to face counselling |
| bullet2 | gambling counselling. |
| bullet3 | youth services. |
| bullet4 | migrant support services. |
| bullet5 | counselling services for children, aged care visitation. |

|  |  |
| --- | --- |
| 2 out of 8 | |
| uniqueId | 1002 |
| servicesName | [Individual therapy](http://webdesign-finder.com/psycheco-psychology/service/individual-therapy/) |
| img | https://ibb.co/cQps9BZ |
| dis1 | Pharmacotherapy is a therapy that uses pharmaceutical drugs. Pharmacotherapy is used in the treatment of mental illness through the use of antidepressants, benzodiazepines, and the use of elements such as lithium. It can only be prescribed by a medical professional trained in the field of Psychiatry. |
| dis2 | Studies have shown that in some cases, physical activity can have the same impact as antidepressants when treating depression and anxiety.[[88]](https://en.wikipedia.org/wiki/Mental_health#cite_note-88)  Moreover, cessation of physical exercise may have adverse effects on some mental health conditions, such as depression and anxiety. This could lead to many different negative outcomes such as obesity, skewed body image, lower levels of certain hormones, and many more health risks associated with mental illnesses.[[89]](https://en.wikipedia.org/wiki/Mental_health#cite_note-89) |
| dis3 | Activity therapies also called recreation therapy and occupational therapy, promote healing through active engagement. An example of occupational therapy would be promoting an activity that improves daily life, such as self-care or improving hobbies.[[90]](https://en.wikipedia.org/wiki/Mental_health#cite_note-90) Similarly, recreational therapy focuses on movement, such as walking, yoga, or riding a bike |
| dis4 | [Expressive therapies](https://en.wikipedia.org/wiki/Expressive_therapies) or [creative arts therapies](https://en.wikipedia.org/wiki/Creative_arts_therapies) are a form of [psychotherapy](https://en.wikipedia.org/wiki/Psychotherapy) that involves the arts or art-making. These therapies include [art therapy](https://en.wikipedia.org/wiki/Art_therapy), [music therapy](https://en.wikipedia.org/wiki/Music_therapy), [drama therapy](https://en.wikipedia.org/wiki/Drama_therapy), [dance therapy](https://en.wikipedia.org/wiki/Dance_therapy), and poetry therapy. It has been proven that [Music therapy](https://en.wikipedia.org/wiki/Music_therapy) is an effective way of helping people who suffer from a mental health disorder.[[93]](https://en.wikipedia.org/wiki/Mental_health#cite_note-93) Dramatherapy is approved by NICE for the treatment of psychosis. |
| dis5 | According to Neff, self-compassion consists of three main positive components and their negative counterparts: Self-Kindness versus Self-Judgement, Common Humanity versus Isolation and Mindfulness versus Over-Identification.[[95]](https://en.wikipedia.org/wiki/Mental_health#cite_note-95) Furthermore, there is evidence from a study by Shin & Lin suggesting specific components of self-compassion can predict specific dimensions of positive mental health (emotional, social, & psychological well-being) |
| bullet1 | face to face counselling |
| bullet2 | gambling counselling. |
| bullet3 | youth services. |
| bullet4 | migrant support services. |
| bullet5 | counselling services for children, aged care visitation. |

|  |  |
| --- | --- |
| 3 out of 8 | |
| uniqueId | 1003 |
| servicesName | [Couples therapy](http://webdesign-finder.com/psycheco-psychology/service/couples-therapy/) |
| img | https://ibb.co/W252ZLQ |
| dis1 | Pharmacotherapy is a therapy that uses pharmaceutical drugs. Pharmacotherapy is used in the treatment of mental illness through the use of antidepressants, benzodiazepines, and the use of elements such as lithium. It can only be prescribed by a medical professional trained in the field of Psychiatry. |
| dis2 | Studies have shown that in some cases, physical activity can have the same impact as antidepressants when treating depression and anxiety.[[88]](https://en.wikipedia.org/wiki/Mental_health#cite_note-88)  Moreover, cessation of physical exercise may have adverse effects on some mental health conditions, such as depression and anxiety. This could lead to many different negative outcomes such as obesity, skewed body image, lower levels of certain hormones, and many more health risks associated with mental illnesses.[[89]](https://en.wikipedia.org/wiki/Mental_health#cite_note-89) |
| dis3 | Activity therapies also called recreation therapy and occupational therapy, promote healing through active engagement. An example of occupational therapy would be promoting an activity that improves daily life, such as self-care or improving hobbies.[[90]](https://en.wikipedia.org/wiki/Mental_health#cite_note-90) Similarly, recreational therapy focuses on movement, such as walking, yoga, or riding a bike |
| dis4 | [Expressive therapies](https://en.wikipedia.org/wiki/Expressive_therapies) or [creative arts therapies](https://en.wikipedia.org/wiki/Creative_arts_therapies) are a form of [psychotherapy](https://en.wikipedia.org/wiki/Psychotherapy) that involves the arts or art-making. These therapies include [art therapy](https://en.wikipedia.org/wiki/Art_therapy), [music therapy](https://en.wikipedia.org/wiki/Music_therapy), [drama therapy](https://en.wikipedia.org/wiki/Drama_therapy), [dance therapy](https://en.wikipedia.org/wiki/Dance_therapy), and poetry therapy. It has been proven that [Music therapy](https://en.wikipedia.org/wiki/Music_therapy) is an effective way of helping people who suffer from a mental health disorder.[[93]](https://en.wikipedia.org/wiki/Mental_health#cite_note-93) Dramatherapy is approved by NICE for the treatment of psychosis. |
| dis5 | According to Neff, self-compassion consists of three main positive components and their negative counterparts: Self-Kindness versus Self-Judgement, Common Humanity versus Isolation and Mindfulness versus Over-Identification.[[95]](https://en.wikipedia.org/wiki/Mental_health#cite_note-95) Furthermore, there is evidence from a study by Shin & Lin suggesting specific components of self-compassion can predict specific dimensions of positive mental health (emotional, social, & psychological well-being) |
| bullet1 | face to face counselling |
| bullet2 | gambling counselling. |
| bullet3 | youth services. |
| bullet4 | migrant support services. |
| bullet5 | counselling services for children, aged care visitation. |

|  |  |
| --- | --- |
| 4 out of 8 | |
| uniqueId | 1004 |
| servicesName | [Children therapy](http://webdesign-finder.com/psycheco-psychology/service/children-therapy/) |
| img | https://ibb.co/BBPvfHb |
| dis1 | Pharmacotherapy is a therapy that uses pharmaceutical drugs. Pharmacotherapy is used in the treatment of mental illness through the use of antidepressants, benzodiazepines, and the use of elements such as lithium. It can only be prescribed by a medical professional trained in the field of Psychiatry. |
| dis2 | Studies have shown that in some cases, physical activity can have the same impact as antidepressants when treating depression and anxiety.[[88]](https://en.wikipedia.org/wiki/Mental_health#cite_note-88)  Moreover, cessation of physical exercise may have adverse effects on some mental health conditions, such as depression and anxiety. This could lead to many different negative outcomes such as obesity, skewed body image, lower levels of certain hormones, and many more health risks associated with mental illnesses.[[89]](https://en.wikipedia.org/wiki/Mental_health#cite_note-89) |
| dis3 | Activity therapies also called recreation therapy and occupational therapy, promote healing through active engagement. An example of occupational therapy would be promoting an activity that improves daily life, such as self-care or improving hobbies.[[90]](https://en.wikipedia.org/wiki/Mental_health#cite_note-90) Similarly, recreational therapy focuses on movement, such as walking, yoga, or riding a bike |
| dis4 | [Expressive therapies](https://en.wikipedia.org/wiki/Expressive_therapies) or [creative arts therapies](https://en.wikipedia.org/wiki/Creative_arts_therapies) are a form of [psychotherapy](https://en.wikipedia.org/wiki/Psychotherapy) that involves the arts or art-making. These therapies include [art therapy](https://en.wikipedia.org/wiki/Art_therapy), [music therapy](https://en.wikipedia.org/wiki/Music_therapy), [drama therapy](https://en.wikipedia.org/wiki/Drama_therapy), [dance therapy](https://en.wikipedia.org/wiki/Dance_therapy), and poetry therapy. It has been proven that [Music therapy](https://en.wikipedia.org/wiki/Music_therapy) is an effective way of helping people who suffer from a mental health disorder.[[93]](https://en.wikipedia.org/wiki/Mental_health#cite_note-93) Dramatherapy is approved by NICE for the treatment of psychosis. |
| dis5 | According to Neff, self-compassion consists of three main positive components and their negative counterparts: Self-Kindness versus Self-Judgement, Common Humanity versus Isolation and Mindfulness versus Over-Identification.[[95]](https://en.wikipedia.org/wiki/Mental_health#cite_note-95) Furthermore, there is evidence from a study by Shin & Lin suggesting specific components of self-compassion can predict specific dimensions of positive mental health (emotional, social, & psychological well-being) |
| bullet1 | face to face counselling |
| bullet2 | gambling counselling. |
| bullet3 | youth services. |
| bullet4 | migrant support services. |
| bullet5 | counselling services for children, aged care visitation. |

|  |  |
| --- | --- |
| 5 out of 8 | |
| uniqueId | 1005 |
| servicesName | [Anti-Stress therapy](http://webdesign-finder.com/psycheco-psychology/service/anti-stress-therapy/) |
| img | https://ibb.co/jwZNd8t |
| dis1 | Pharmacotherapy is a therapy that uses pharmaceutical drugs. Pharmacotherapy is used in the treatment of mental illness through the use of antidepressants, benzodiazepines, and the use of elements such as lithium. It can only be prescribed by a medical professional trained in the field of Psychiatry. |
| dis2 | Studies have shown that in some cases, physical activity can have the same impact as antidepressants when treating depression and anxiety.[[88]](https://en.wikipedia.org/wiki/Mental_health#cite_note-88)  Moreover, cessation of physical exercise may have adverse effects on some mental health conditions, such as depression and anxiety. This could lead to many different negative outcomes such as obesity, skewed body image, lower levels of certain hormones, and many more health risks associated with mental illnesses.[[89]](https://en.wikipedia.org/wiki/Mental_health#cite_note-89) |
| dis3 | Activity therapies also called recreation therapy and occupational therapy, promote healing through active engagement. An example of occupational therapy would be promoting an activity that improves daily life, such as self-care or improving hobbies.[[90]](https://en.wikipedia.org/wiki/Mental_health#cite_note-90) Similarly, recreational therapy focuses on movement, such as walking, yoga, or riding a bike |
| dis4 | [Expressive therapies](https://en.wikipedia.org/wiki/Expressive_therapies) or [creative arts therapies](https://en.wikipedia.org/wiki/Creative_arts_therapies) are a form of [psychotherapy](https://en.wikipedia.org/wiki/Psychotherapy) that involves the arts or art-making. These therapies include [art therapy](https://en.wikipedia.org/wiki/Art_therapy), [music therapy](https://en.wikipedia.org/wiki/Music_therapy), [drama therapy](https://en.wikipedia.org/wiki/Drama_therapy), [dance therapy](https://en.wikipedia.org/wiki/Dance_therapy), and poetry therapy. It has been proven that [Music therapy](https://en.wikipedia.org/wiki/Music_therapy) is an effective way of helping people who suffer from a mental health disorder.[[93]](https://en.wikipedia.org/wiki/Mental_health#cite_note-93) Dramatherapy is approved by NICE for the treatment of psychosis. |
| dis5 | According to Neff, self-compassion consists of three main positive components and their negative counterparts: Self-Kindness versus Self-Judgement, Common Humanity versus Isolation and Mindfulness versus Over-Identification.[[95]](https://en.wikipedia.org/wiki/Mental_health#cite_note-95) Furthermore, there is evidence from a study by Shin & Lin suggesting specific components of self-compassion can predict specific dimensions of positive mental health (emotional, social, & psychological well-being) |
| bullet1 | face to face counselling |
| bullet2 | gambling counselling. |
| bullet3 | youth services. |
| bullet4 | migrant support services. |
| bullet5 | counselling services for children, aged care visitation. |

|  |  |
| --- | --- |
| 6 out of 8 | |
| uniqueId | 1006 |
| servicesName | [Post-divorce therapy](http://webdesign-finder.com/psycheco-psychology/service/post-divorse-therapy/) |
| img | https://ibb.co/dsYvPqr |
| dis1 | Pharmacotherapy is a therapy that uses pharmaceutical drugs. Pharmacotherapy is used in the treatment of mental illness through the use of antidepressants, benzodiazepines, and the use of elements such as lithium. It can only be prescribed by a medical professional trained in the field of Psychiatry. |
| dis2 | Studies have shown that in some cases, physical activity can have the same impact as antidepressants when treating depression and anxiety.[[88]](https://en.wikipedia.org/wiki/Mental_health#cite_note-88)  Moreover, cessation of physical exercise may have adverse effects on some mental health conditions, such as depression and anxiety. This could lead to many different negative outcomes such as obesity, skewed body image, lower levels of certain hormones, and many more health risks associated with mental illnesses.[[89]](https://en.wikipedia.org/wiki/Mental_health#cite_note-89) |
| dis3 | Activity therapies also called recreation therapy and occupational therapy, promote healing through active engagement. An example of occupational therapy would be promoting an activity that improves daily life, such as self-care or improving hobbies.[[90]](https://en.wikipedia.org/wiki/Mental_health#cite_note-90) Similarly, recreational therapy focuses on movement, such as walking, yoga, or riding a bike |
| dis4 | [Expressive therapies](https://en.wikipedia.org/wiki/Expressive_therapies) or [creative arts therapies](https://en.wikipedia.org/wiki/Creative_arts_therapies) are a form of [psychotherapy](https://en.wikipedia.org/wiki/Psychotherapy) that involves the arts or art-making. These therapies include [art therapy](https://en.wikipedia.org/wiki/Art_therapy), [music therapy](https://en.wikipedia.org/wiki/Music_therapy), [drama therapy](https://en.wikipedia.org/wiki/Drama_therapy), [dance therapy](https://en.wikipedia.org/wiki/Dance_therapy), and poetry therapy. It has been proven that [Music therapy](https://en.wikipedia.org/wiki/Music_therapy) is an effective way of helping people who suffer from a mental health disorder.[[93]](https://en.wikipedia.org/wiki/Mental_health#cite_note-93) Dramatherapy is approved by NICE for the treatment of psychosis. |
| dis5 | According to Neff, self-compassion consists of three main positive components and their negative counterparts: Self-Kindness versus Self-Judgement, Common Humanity versus Isolation and Mindfulness versus Over-Identification.[[95]](https://en.wikipedia.org/wiki/Mental_health#cite_note-95) Furthermore, there is evidence from a study by Shin & Lin suggesting specific components of self-compassion can predict specific dimensions of positive mental health (emotional, social, & psychological well-being) |
| bullet1 | face to face counselling |
| bullet2 | gambling counselling. |
| bullet3 | youth services. |
| bullet4 | migrant support services. |
| bullet5 | counselling services for children, aged care visitation. |

|  |  |
| --- | --- |
| 7 out of 8 | |
| uniqueId | 1007 |
| servicesName | Relationship Therapy |
| img | https://ibb.co/F5NhSt9 |
| dis1 | Pharmacotherapy is a therapy that uses pharmaceutical drugs. Pharmacotherapy is used in the treatment of mental illness through the use of antidepressants, benzodiazepines, and the use of elements such as lithium. It can only be prescribed by a medical professional trained in the field of Psychiatry. |
| dis2 | Studies have shown that in some cases, physical activity can have the same impact as antidepressants when treating depression and anxiety.[[88]](https://en.wikipedia.org/wiki/Mental_health#cite_note-88)  Moreover, cessation of physical exercise may have adverse effects on some mental health conditions, such as depression and anxiety. This could lead to many different negative outcomes such as obesity, skewed body image, lower levels of certain hormones, and many more health risks associated with mental illnesses.[[89]](https://en.wikipedia.org/wiki/Mental_health#cite_note-89) |
| dis3 | Activity therapies also called recreation therapy and occupational therapy, promote healing through active engagement. An example of occupational therapy would be promoting an activity that improves daily life, such as self-care or improving hobbies.[[90]](https://en.wikipedia.org/wiki/Mental_health#cite_note-90) Similarly, recreational therapy focuses on movement, such as walking, yoga, or riding a bike |
| dis4 | [Expressive therapies](https://en.wikipedia.org/wiki/Expressive_therapies) or [creative arts therapies](https://en.wikipedia.org/wiki/Creative_arts_therapies) are a form of [psychotherapy](https://en.wikipedia.org/wiki/Psychotherapy) that involves the arts or art-making. These therapies include [art therapy](https://en.wikipedia.org/wiki/Art_therapy), [music therapy](https://en.wikipedia.org/wiki/Music_therapy), [drama therapy](https://en.wikipedia.org/wiki/Drama_therapy), [dance therapy](https://en.wikipedia.org/wiki/Dance_therapy), and poetry therapy. It has been proven that [Music therapy](https://en.wikipedia.org/wiki/Music_therapy) is an effective way of helping people who suffer from a mental health disorder.[[93]](https://en.wikipedia.org/wiki/Mental_health#cite_note-93) Dramatherapy is approved by NICE for the treatment of psychosis. |
| dis5 | According to Neff, self-compassion consists of three main positive components and their negative counterparts: Self-Kindness versus Self-Judgement, Common Humanity versus Isolation and Mindfulness versus Over-Identification.[[95]](https://en.wikipedia.org/wiki/Mental_health#cite_note-95) Furthermore, there is evidence from a study by Shin & Lin suggesting specific components of self-compassion can predict specific dimensions of positive mental health (emotional, social, & psychological well-being) |
| bullet1 | face to face counselling |
| bullet2 | gambling counselling. |
| bullet3 | youth services. |
| bullet4 | migrant support services. |
| bullet5 | counselling services for children, aged care visitation. |

|  |  |
| --- | --- |
| 8 out of 8 | |
| uniqueId | 1008 |
| servicesName | Personal Development Therapy |
| img | https://ibb.co/Jpqs66n |
| dis1 | Pharmacotherapy is a therapy that uses pharmaceutical drugs. Pharmacotherapy is used in the treatment of mental illness through the use of antidepressants, benzodiazepines, and the use of elements such as lithium. It can only be prescribed by a medical professional trained in the field of Psychiatry. |
| dis2 | Studies have shown that in some cases, physical activity can have the same impact as antidepressants when treating depression and anxiety.[[88]](https://en.wikipedia.org/wiki/Mental_health#cite_note-88)  Moreover, cessation of physical exercise may have adverse effects on some mental health conditions, such as depression and anxiety. This could lead to many different negative outcomes such as obesity, skewed body image, lower levels of certain hormones, and many more health risks associated with mental illnesses.[[89]](https://en.wikipedia.org/wiki/Mental_health#cite_note-89) |
| dis3 | Activity therapies also called recreation therapy and occupational therapy, promote healing through active engagement. An example of occupational therapy would be promoting an activity that improves daily life, such as self-care or improving hobbies.[[90]](https://en.wikipedia.org/wiki/Mental_health#cite_note-90) Similarly, recreational therapy focuses on movement, such as walking, yoga, or riding a bike |
| dis4 | [Expressive therapies](https://en.wikipedia.org/wiki/Expressive_therapies) or [creative arts therapies](https://en.wikipedia.org/wiki/Creative_arts_therapies) are a form of [psychotherapy](https://en.wikipedia.org/wiki/Psychotherapy) that involves the arts or art-making. These therapies include [art therapy](https://en.wikipedia.org/wiki/Art_therapy), [music therapy](https://en.wikipedia.org/wiki/Music_therapy), [drama therapy](https://en.wikipedia.org/wiki/Drama_therapy), [dance therapy](https://en.wikipedia.org/wiki/Dance_therapy), and poetry therapy. It has been proven that [Music therapy](https://en.wikipedia.org/wiki/Music_therapy) is an effective way of helping people who suffer from a mental health disorder.[[93]](https://en.wikipedia.org/wiki/Mental_health#cite_note-93) Dramatherapy is approved by NICE for the treatment of psychosis. |
| dis5 | According to Neff, self-compassion consists of three main positive components and their negative counterparts: Self-Kindness versus Self-Judgement, Common Humanity versus Isolation and Mindfulness versus Over-Identification.[[95]](https://en.wikipedia.org/wiki/Mental_health#cite_note-95) Furthermore, there is evidence from a study by Shin & Lin suggesting specific components of self-compassion can predict specific dimensions of positive mental health (emotional, social, & psychological well-being) |
| bullet1 | face to face counselling |
| bullet2 | gambling counselling. |
| bullet3 | youth services. |
| bullet4 | migrant support services. |
| bullet5 | counselling services for children, aged care visitation. |