



## Looking for help with Anxiety?

School bullying? Peer pressure? Shyness? Assertiveness?  
Stress? Feeling depressed? Not yourself?  
Low self-esteem? Friendship/relationship difficulties?

**These are just some of the areas I can assist with.**

Strictly confidential counselling  
available online or in-person at:  
**Ringwood North, Doncaster & Kew.**  
P.A.C.F.A and N.D.I.S registered.

*Did you know young adults hold the highest rates of mental health amongst  
any other age group?  
Males are highest at risk.*

*Clinical studies show delaying treatment leads to longer recovery times  
and increased health complications.*

**Contact me today for a strictly confidential discussion  
and find out how I can help you!**



***Josie Wolfram***

*Child, Adolescent & Adult  
Psychotherapist/Counsellor*

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