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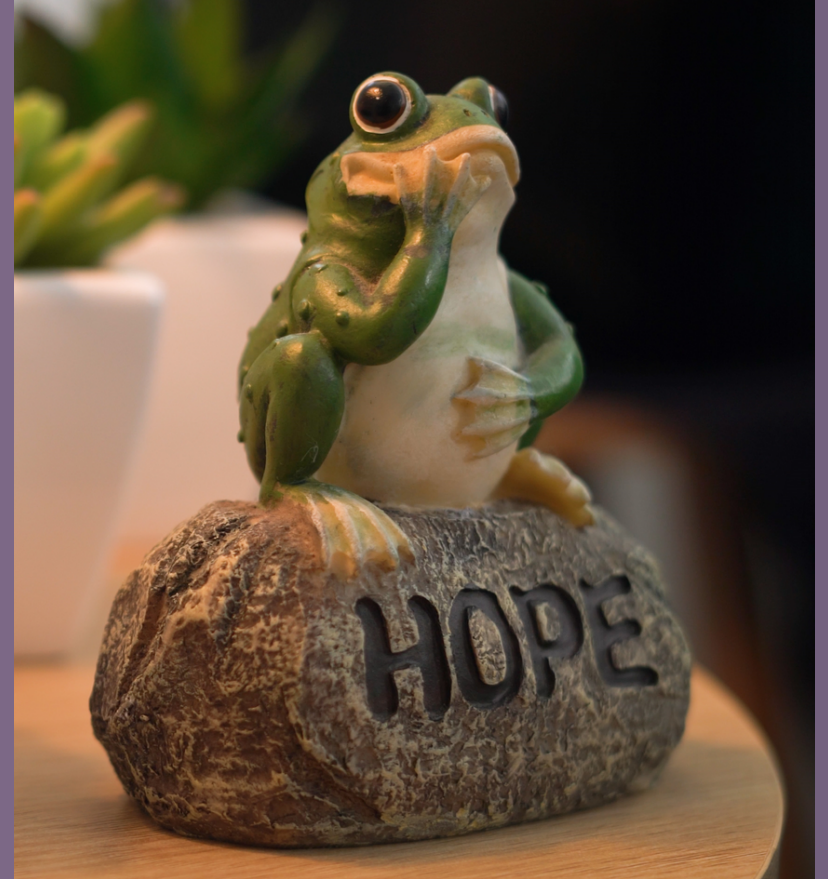
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veryone deserves to feel better



# H.O.P.E Initiative



Essential Care



Energise



Engage



Endure



Evolve



Empower

<https://www.youtube.com/watch?v=X5m8DWPS5hw>



These are some dimensions which you can reflect on to monitor how you are travelling during the pandemic. See where you are on the scales and reassess your feelings in a week's time. Reflect on what these changes mean for how you are travelling and whether you need to take preventative action.

## How U Doin' Barometers



### HOW WE CAN HELP

**Contact our Clinic** on 07 3378 9130  
(Tele-health services available)

**Rebate options:**

- Doctor's referral
- Through private health insurance

**Book directly with us**

- Manage appointments online  
<https://www.lilleyplace.com.au>

