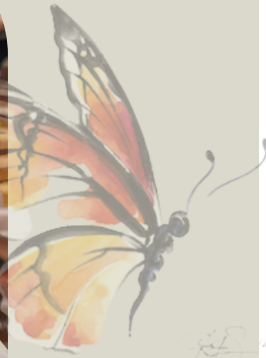


About Us

Rethink Allied Health was founded to offer assistance to those who have experienced mental ill-health and psychosocial disability. We offer personalised psychological services, tailored to our participants particular circumstances, personal goals, and support needs.

Our goal is to help our clients build positive and effective ways of overcoming the challenges they face, and we stand by our clients throughout their mental health journey.

We are a NDIS Provider and support individuals living with a disability to remove limiting beliefs and overcome their psychological challenges so that they can grow and learn to achieve the things they want to in life.



Contact Us

We're here to support you on your journey towards overcoming your challenges and learning techniques to help manage future obstacles in a safe, positive and happy way.



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Rethink Allied Health

With you on your journey to improving your life and becoming your best self.



Overcome your challenges in a transparent and recovery-focused space



Our highly experienced team work together with you to create positive changes in your life.

Through this we are able to provide an incredibly empathetic approach that takes into account all angles of our participants lives so that we can build a holistic plan to approach psychological difficulties.

We offer ongoing support for long term outcomes

We understand that the journey towards improving mental wellbeing is a long term one, with milestones along the way that allow us to validate our progression and continue to move forward.

We are here for the long term when it comes to supporting our participants.

Our Services

Capacity Building Improved Daily Living Therapeutic Support

We are dedicated to enhancing the psychosocial support and capacity of NDIS participants. Our focus is on capacity building skills, which involves developing and strengthening an individual's skills, instincts, abilities, processes, and resources, enabling them to function at their full potential.

Specialised Positive Behavioural Intervention Support

We offer Specialised Behavioural Intervention Support under the NDIS to address harmful or persistent behaviours of concern. This intensive support is designed to help individuals overcome challenging behaviours and develop a behaviour support plan to limit the likelihood of these behaviours developing or escalating in the future.

Psychosocial Functional Assessments

We offer Psychosocial Functional Assessments with recommendations (including SIL applications) that aim to support NDIS participants that impacts their daily functioning. The assessment will look at different aspects of the participant's life and their ability to function in day-to-day life. The assessment is carried out by one of our qualified and professional team members, who will talk with the participant and ask questions about their life, history, and goals.

