



We're here to help.
Reach out today to
discuss support.



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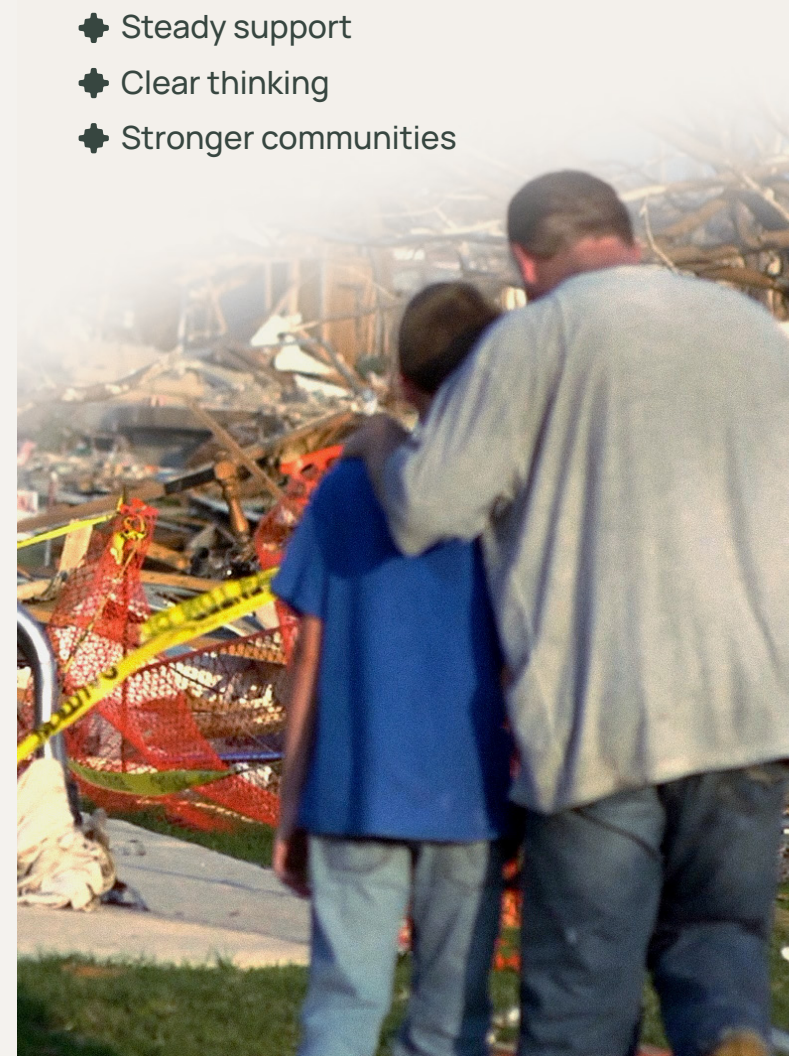
Michelle Hookham
Program Director at
Health Dynamis



Psychosocial Wellbeing Program

Counselling, recovery support and
practical guidance through stress,
trauma and life disruption.

- ✦ Steady support
- ✦ Clear thinking
- ✦ Stronger communities



Partnerships

Psychosocial Wellbeing Programs are available independently with Health Dynamis or in partnership with the Integrative Workplace Collective (IWC). For more information or to explore how a Wellbeing Program may help, please contact Michelle Hookham at Health Dynamis.

The challenges Australians face

Many Australian communities are facing situations that have disrupted life and affected wellbeing.

Global events and a series of natural disasters have impacted people, families and businesses, compounding life stressors, making it more difficult for people to cope.

Often, when people face difficulties, it is hard to know where to turn.

When life gets tough, the right support at the right time and place can be lifesaving.

We provide professional support tailored to your needs.



What is the Psychosocial Wellbeing Program?

The Psychosocial Wellbeing Program walks alongside individuals, workplaces and community groups, offering practical, respectful support that fits local life. The focus is simple: create safe spaces where people can think clearly, process challenges and move forward together.

Through a compassionate and structured approach, Health Dynamis supports both personal healing and collective recovery following difficult experiences, helping to rebuild stability and wellbeing.



Safe
Spaces



Stronger
Together



Healing &
Resilience

Four tiers of support

The program offers flexible support across four key areas, tailored to individuals, families, workplaces and communities.



Individual

Counselling for people experiencing personal or work-related stress impacting wellbeing, performance or daily functioning.



Family

Helping families strengthen communication, connection and problem-solving.



Workplace & Community

Debriefing and structured support following critical incidents, prolonged stress or significant events.



Leadership & Management

Strengthening communication, resilience and leadership capability across teams.



Flexible delivery

In-person, telehealth, and fly-in / fly-out support available.