

SWIFTMEND COUNSELLING & CARE

Gentle support. Wherever you are.

Online Counselling Packages

Supporting Emotional
Wellbeing, Practical
Care, and Life Skills at
Every Stage of Life



Support that Fits your Life

Swiftmend Care & Counselling offers calm, compassionate online counselling tailored to meet you where you are — emotionally, practically, and geographically.

Sessions are delivered securely via video, giving you convenient access to professional support from the comfort of your home—no long waiting periods or referral needed.

Whether you're navigating life changes, managing emotional stress, facing ageing-related challenges, or simply seeking a safe space to talk and reflect, our support is steady, respectful, and easy to access.

Take the first step today—support is just a click away.
Your First Session Is Free — No Obligation, Support Tailored to You





Meet Jason Lockwood

Counsellor & Life Skills Educator

Based on the Central Coast, NSW, Jason brings a wealth of experience supporting individuals of all ages. His background includes work in early childhood, primary and secondary education, aged care, disability support, and youth mentoring. He has also volunteered with The Smith Family's iTrack program, helping high school students explore education pathways, careers, and future goals.

In addition, Jason has served as an Online Group Facilitator with Inlusee, where he led virtual groups focused on fostering inclusion, mental wellbeing, and essential life skills. This role strengthened his ability to connect with clients through accessible and flexible online support, especially in today's digital landscape.

How Jason Can Help You

- Managing emotions and emotional regulation
- Developing practical coping skills for everyday challenges
- Navigating life transitions with confidence
- Building resilience and self-esteem

Jason's Approach

Calm, compassionate, and strengths-based, Jason tailors his support to suit your unique needs. His practical, empathetic approach aims to empower you to overcome challenges and thrive in all areas of life.

Qualifications & Credentials

- Postgraduate Diploma of Counselling
- Bachelor of Education (Early Childhood)
- Bachelor of Liberal Studies (Community Development, Sociology, Welfare Practice, Child Health)
- Mental Health First Aid Certified
- NDIS-qualified
- Registered Member of the Australian Counselling Association

Get Started Today

Ready to take the next step? Visit www.swiftmend.com.au or contact us now to book a session. Let's work together to support your wellbeing and growth.

Simple, Secure Online Counselling

STEPS



Book your session online

1



Receive a Google Meet link by email

2



Join from your device — no downloads required

3



Speak privately from your own space

4

Flexible Online Counselling Support



Bloom

Gentle starting point to talk and reflect

\$70 (1 session)



Rejuvenation

Build coping strategies — save \$15

\$195 (3 sessions)



Renewal

Deep emotional regulation — save \$35

\$315 (5 sessions)



Tranquility

Ongoing support — save \$40

\$520 (8 sessions)



Grove

Long-term continuity — save \$60

\$780 (12 sessions)

Free Introductory Session

Your first session is free and obligation-free.

This allows you to ask questions, feel comfortable, and decide whether ongoing counselling feels right.



Frequently Asked Questions

Is Medicare rebate available?

Medicare rebates are not available. Sessions are intentionally priced to remain affordable and accessible without long waiting periods or referrals.

Can I bill under the NDIS?

Yes. Counselling may be funded under Capacity Building supports for registered NDIS participants, depending on individual plan goals and plan management arrangements.

Is this suitable for older adults?

Yes. Sessions are paced gently and tailored

to support emotional wellbeing, adjustment, and life transitions in later life.

Do I need special technology skills?

No. If you can click a link or answer a call, you can join a session.

What happens in the first session?

Your first session is relaxed and conversational, with no pressure to share more than you feel comfortable with. We'll gently explore what has brought you here and what kind of support you're looking for. The goal is simply to help you feel heard, comfortable, and confident about the next step.

Getting Started Is Easy

Steps:

1. Visit www.swiftmend.com.au
2. Choose a package or a free introductory session
3. Pick a time that works for you
4. Receive instant confirmation by email

Ready to begin?

Scan the QR code with your camera and click the link to book your session today.



Support is available —
calmly, privately, and on your
terms.