



## Our Vision

**Empowering** individuals through **mental well-being, knowledge** and **skills** so that they can realise their **full potential**.

## Our Mission

**Providing a sanctuary** for clients while **supporting them** on a journey to **self-understanding, self-transformation,** and **resilience** through quality testing, diagnosis and evidence-based therapies.



Supported by our Values

# SPARK



**Support**



**Professionalism**



**Accountability**



**Respect**



**Knowledgeability**