

## Taylor, 34

### Percussion teacher & blogger who uses tele-tech to care for his mental health & wellbeing, *MELBOURNE*

Percussion teacher and blogger, Taylor, 34, Melbourne, enjoys writing, boxing and Brazilian jujitsu.

Having spent two years however, wrestling with stress and anxiety, Taylor finally opted to seek professional advice.

In 2019, Taylor visited his GP to request a referral to a mental health expert, who subsequently diagnosed him with stress, anxiety, and depression, armed him with a mental health care plan (MHCP), and directed him to a psychologist.

Taylor spent the ensuing year visiting psychologists in-clinic, until the psychologist he was seeing at the time began to consult through My Mirror – an

Australian, digital mental health clinic that strives to normalise the process of talking to a mental healthcare professional.

Taylor continued to see the same psychologist through My Mirror, enjoying the many benefits of the innovative, tele-tech mental health service offering.

Today, he is encouraging others to turn to My Mirror for timely and affordable access to professional mental health support, no matter what their situation, location or socioeconomic status.

#### **This is Taylor's story.**

After years of feeling stressed and anxious, Taylor eventually chose to seek professional advice.

"I was feeling socially and professionally withdrawn, and was finding it hard to cope with my emotions.

"I wasn't looking after myself, which was beginning to manifest through negative behaviours and self-soothing habits," said Taylor.

"Although I spoke to my family and friends about what I was going through, ultimately, I knew I needed to seek professional support."

After visiting his GP, Taylor was diagnosed with severe stress and anxiety, and mild depression, was given a MHCP, and referred to a psychologist.

Taylor visited a couple of psychologists in-clinic for more than a year, before the clinician he was seeing at the time began to offer her services through My Mirror.



"I enjoyed my experience with that psychologist, so when she moved to My Mirror, I decided to follow her there.

"I used to think face-to-face psychology sessions were the only way to go. But since using tele-tech services, I now think they're equally as effective for mental health support," Taylor said.

Taylor enjoys the flexibility of his My Mirror sessions, and the convenience and accessibility of the platform.

"Tele-tech sessions eliminate travel and wait times. You can access a session from the comfort of your own home, work, or even your car. It simplifies the whole process.

"Booking an online appointment is super easy, and low-cost, which is also really appealing," said Taylor.

Nowadays, Taylor is passionate about sharing his story to encourage all Australians who too, may be struggling with their mental health, to reach out to a professional without delay.

"People should treat a mental health issue the same way they would treat a sports injury.

"Don't leave things until it's too late. Knock the issue on the head straight away," Taylor said.

"Speak to someone who you are confident, will have the necessary skills to help you.

"Although this takes a small amount of courage and focus, it's not always as difficult as it seems," said Taylor.

Inspired by his progress to date, Taylor recently completed the Youth Mental Health First Aid course to learn how to help teens experiencing psychological distress, or a mental health crisis.

"While I still have a long way to go to improve my mental health and wellbeing, at least I'm now taking steps in the right direction," Taylor said.

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