

## **Esther, 27**

### **Social media manager who uses tele-tech to support her mental wellbeing, YASS**

**Social media manager, Esther, 27, Yass, began to experience frequent panic attacks last year.**

**Wishing to determine how to best manage her panic attacks, Esther spoke with her family and friends, who in turn, suggested that speak with a psychologist for professional advice.**

**Esther opted for an online consultation with a psychologist at My Mirror – an Australian, digital mental health clinic that strives to normalise the process of talking to a mental healthcare professional – and secured an appointment straight away.**

**Today, Esther is wishing to share her story, to help raise community awareness of the importance of seeking proactive, tele-tech mental health support.**



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

When Esther began to experience regular panic attacks last year, she was determined to figure out what was triggering them, and how to best manage them.

"Given my panic attacks were becoming all-consuming and controlling, I decided I needed to do something about the situation.

"I initially spoke with my family and friends, who provided me with amazing support. But they also suggested that I speak to an expert in order to delve a little deeper," said Esther.

After researching various options available, Esther chose to book an online consultation with a My Mirror psychologist.

"I booked the consultation almost straight away. For a busy person like me, I found the tele-tech service to be so accessible. It's also comforting to know that I have the option to continue to access the service when, and where I need it," Esther said.

"Not having to worry about how to travel to my appointment, find a car park and work out where to go, helped take the stress out of my appointment.

"I'm also from a regional area, where access to mental health services is limited, so having digital access to a service you can use from any location, is very useful," said Esther.

Esther had a positive experience with My Mirror, citing "I felt safe, secure and relaxed during my online consultation, with a cup of tea in my hand."

Today, Esther is encouraging all Australians who are struggling with mental health issues, to seek prompt professional support.

"It's a long road, but speaking with a psychologist will make you feel like you are not alone.

"I tried researching everything there is to know about panic attacks, but nothing I read helped me as much as speaking with a trained psychologist. After all, that's their job, and they're very good at it," Esther said.

"No matter how big or small you feel your problems are, speaking with someone will always help."

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