

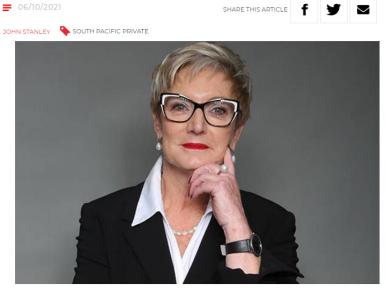


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South Pacific Private shares tips for Australians struggling during pandemic





Australia's leading treatment centre South Pacific Private has shed light on the impact the pandemic has on people with previous trauma.

South Pacific Private runs a Changes program to help people address unresolved childhood trauma and issues.

Psychotherapist and holistic counsellor Diane Young spoke to John Stanley about how past trauma and addiction can be triggered during the pandemic.

Press PLAY below to hear Diane Young's tips for coping during the pandemic



Find out more HERE

South Pacific Private is an advertiser on 2GB



