



Anxiety and Depression Recovery Specialist

When you're fighting a battle in your head, it's not only you who suffers.

I'm Leon Skaliotis. I've been there. Struggling with crippling anxiety and depression for over 15 years, I decided I needed to learn more – for my own sake, and my family's.

Now, I'm an internationally accredited therapist. Through my own lived experiences, learned behavioural therapies, mindfulness and positive psychologies, I'm helping people like you heal themselves, get back to enjoying life, and be positive, powerful influences on, and support for their children.

Is your depression or anxiety costing you too much?

If you need to talk with someone about getting unstuck from depression or anxiety and being happy again, please contact me.

Tel: 0414 020 090

www.behappyagain.com.au