



# **FREE phone based counselling service**

## **GENERAL COUNSELLING FOR PEOPLE AGED 18 AND OVER**

**Self-referrals accepted and no mental health  
plan required.**

Run by qualified counsellors with decades of  
experience in areas such as grief and loss,  
trauma, drug and alcohol, homelessness,  
relationship and general mental health issues.

Please complete an Intake Form  
via the QR code, or get in touch:  
**[counselling@newtowncentre.org](mailto:counselling@newtowncentre.org)**  
**or 9564 7333 - select Option 1**

