



Counselling (Updated June 2019)

<p>Anglicare Counselling</p> <p>1 Sloane St Summer Hill NSW 2130</p>	<p>Counselling for couple's, families, Individual adults, children and adolescents, refugees and carers.</p> <p>Contributions are generally based on income. Costs will be explained when you call to arrange an appointment.</p>	<p>Ph: 9798 1400 Please Ph for an appointment Mon –Fri 9am-5pm</p>
<p>Baptist Care Counselling & Family Services</p> <p>Level 2, 402-410 Chapel Rd Bankstown</p>	<p>Counselling and support for clients through times of family separation, divorce, adolescence, depression, domestic violence, sexual abuse and suicide.</p> <p>Counselling services to men, women and children impacted by domestic violence.</p>	<p>Ph: (02)8713 4333 Mon-Fri 9am-5pm</p>
<p>Bereavement Counselling Service</p>	<p>Sydney Local Health District offers a bereavement counselling service to any bereaved person living within the district or any bereaved within NSW who have had a significant person in their life die either in the SLHD community or one of the local hospitals.</p> <p>Counselling is provided free of charge</p> <p>Phone counselling also available.</p>	<p>Ph: (02) 97675656</p>
<p>Catholic Care</p> <p>2C West Street Lewisham</p>	<p>Counselling in the following areas:</p> <ul style="list-style-type: none"> - Couples and relationships - Men's counselling including behaviour change and anger management - Domestic Violence - Family counselling including post-separation family therapy - Mental health counselling 	<p>CCareline: 13 18 19 Open 8am-8pm weekdays</p>

Newtown Neighbourhood Centre

	<ul style="list-style-type: none"> - Addictions- Problem gambling and groups for families affected by alcohol and drug use - Financial counselling - Pregnancy counselling 	
Domestic Violence Line 7 days, 24 hour	<p>NSW state-wide telephone crisis counselling and referral service for women and persons who identify as female. Counsellors can provide support to:</p> <ul style="list-style-type: none"> - Talk to the police and get legal help - Get hospital care and family support services - Obtain an Apprehended Violence Order - Develop and safety plan for you and your children - Find emergency accommodation for you and your children 	Ph: 1800 656 463
G-Line 24 hour 7 days	<p>Counselling service for gamblers and their families- Offer help now or connect you with a face to face counsellor near you</p>	Ph: 1800 858 858
Q Life Line	<p>Provides anonymous and free LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships</p>	Ph: 1800 184 527 3pm-midnight Every day
Lifeline Line: 24 hour 7 days	<p>24 hour crisis support and suicide prevention services.</p>	Ph: 13 11 14
Leichhardt Women's Community Health Centre 55 Thornley Street Leichhardt NSW 2040	<p>Providing support such as:</p> <ul style="list-style-type: none"> - Counselling for any life issues including relationships, domestic violence and family issues - Counselling for drugs or alcohol dependency - Counselling for Women Partners of 	Ph: 9560 3011 Mon-Fri 9.30am-5.30pm (Closed daily 1-2pm)

	<p>Gay/Bisexual Men</p> <ul style="list-style-type: none"> - Psychologist services - Counselling for women who've experienced childhood sexual abuse - Pregnancy counselling <p>Eligibility varies according geographic area or financial status Free of charge or low cost.</p>	
<p>Wesley Counselling Support Services</p> <p>Sydney CBD Level 3, 220 Pitt Street Sydney</p> <p>Ashfield 93 Milton Street Ashfield</p>	<p>Face to face counselling during business hours by appointment. Includes gambling, financial, legal assistance etc.</p>	<p>Ph: 1300 827 638</p>
<p>Mensline Australia</p>	<p>Support services for men, including support with:</p> <ul style="list-style-type: none"> - Depression - Anger - Stress - Relationships <p>24 hour phone line.</p>	<p>Ph: 1300 789 978</p>
<p>NSW Rape Crisis Centre 24 hour - 7 days</p>	<p>24 Hour telephone counselling service for anyone in NSW- men and women- who have experienced or is at risk of sexual assault in and their non-offending supporters.</p>	<p>Ph: 1800 424 017</p>
<p>Relationships Australia</p> <p>Level 7, 10 Barrack St Sydney</p>	<p>Face to face and online/telephone counselling.</p> <ul style="list-style-type: none"> - Family and relationship counselling - Counselling for separating/divorcing couples - Online relationships counselling - Specialist counselling - Sexual concerns counselling - Pre-parenthood Relationship check-up Service 	<p>Ph: 1300 364 277</p>

<p>Sisters of Charity Outreach St. Vincent's Clinic</p> <p>Level 4 438 Victoria St Darlinghurst</p>	<p>Free counselling service</p>	<p>Ph: (02) 8382 6430 Free call: 1800 806 160 (Mon-Fri 9am-4.30pm) Email: outreach@stvincents.com.au</p>
<p>Sydney Women's Counselling Centre</p> <p>4/2 Carrington Square Campsie NSW 2194</p>	<p>Provides the following Services:</p> <ul style="list-style-type: none"> - General Mental Health/Domestic Violence/Sexual Assault - Alcohol and Other Drugs - Gambling Help - Bi-Lingual (Chinese Speaking) <p>Short term, medium term and long term counselling available.</p>	<p>Ph: 9718 1955</p> <p>Email: help@womenscounselling.com.au</p>
<p>Uniting Care <i>Counselling & Mediation</i></p> <p>Level 29, 201 Elizabeth St Sydney</p>	<p>Provides practical assistance for:</p> <ul style="list-style-type: none"> - Parents, children and grandparents experiencing family separation - Creating Parenting Plans - Children adjusting to their parents' separation - Parents wanting to work out ways to co-parent constructively after separation - Reaching property settlements - Managing relationships and feelings of loss, anxiety and depression - Strengthening and enhancing relationships - Managing debt related to gambling issues 	<p>Ph: 1800 864 846 Email: ask@uniting.org</p> <p>Mon-Fri 9am-5pm</p>
<p>Victims Services- Counselling Victims Access Line</p>	<p>Contact Victims Access Line to speak with Client Service Team. They can help you fill out an application for counselling and you can also discuss your preferences in relation to Counsellors.</p>	<p>Ph: 1800 633 063</p> <p>Hours: 8am-6pm</p>
<p>Alcohol Drug Information Service (ADIS) NSW</p>	<p>24 hour telephone support, information, counselling and referrals</p>	<p>Ph: 1800 250 015</p>

	to services in NSW for people who are having issues with alcohol or other drugs or are concerned about someone else's alcohol and drug use.	
Newtown Neighbourhood Centre 1 Bedford St Newtown	<p>Free generalist counselling service during the following times for all members of the Inner West community:</p> <ul style="list-style-type: none"> - Mondays 10am-2pm - Tuesdays 1pm-3pm - Wednesdays 10am-12pm and 5-7pm <p>To access services please fill out the referral form and send it to us. https://www.newtowncentre.org/counselling.html</p>	<p>Ph: 9564 7309 Email: mel@newtowncentre.org</p>
The Exodus Foundation 180 Liverpool Rd Ashfield	<p>Provides counselling services with our social and case workers, which include assisting those in crisis. Counselling services are provided at the Health and Outreach Centre. On appointment only basis.</p>	<p>Ph: (02) 8752 4602</p>
Uplift Psychological Services Redfern Located inside the Rail, Tram and Bus Union (Entrance in Wells St) 83-89 Renwick St Redfern Mascot Opposite Mascot Primary School 1107 Botany Road Mascot	<p>Providing bulk billed (free) psychology.</p> <p>Psychologists able to treat a number of different issues. Services for adults, children, teenagers, couples and families.</p> <p>Therapists available who speak Mandarin, Japanese, Cantonese, Afrikaans, Hindi and Urdu, Tagalog and Hebrew.</p>	<p>Redfern Ph: 9698 1822 Email: upliftatredfern@optusnet.com.au Hours: 9am-5pm Monday to Friday, 9am-4pm Saturday</p> <p>Mascot Ph: 9693 2621 Email: upliftatmascot@optusnet.com.au Hours: 9am-5pm Monday to Friday</p>

