



NEWTOWN
Neighbourhood Centre

Counselling

(Updated August 2022)

<p>Anglicare Counselling</p> <p>Summer Hill, Parramatta, Cabramatta, Penrith, and Campbelltown locations.</p>	<p>Counselling for couples, families, Individual adults, children and adolescents, refugees and carers.</p> <p>Low cost depending on person's income. Some services are free.</p>	<p>Ph: 1300 651 728 Please Ph for an appointment Mon –Fri 9am-5pm</p>
<p>Baptist Care Counselling & Family Services</p> <p>Bankstown, Campbelltown, Penrith, Woolloomooloo, and Bondi Jn locations</p> <p>https://baptistcare.org.au/counselling</p>	<p>Individual, Couples, Domestic and Family Violence, Financial, CALD counselling services available</p> <p>Group Programs</p> <p>WDO program</p> <p>Sliding Scale cost based on person's income.</p>	<p>Bankstown: 1300 130 225 Mon-Fri 9am-5pm</p> <p>Campbelltown: 1300 130 225 Mon-Fri 9am-5pm</p> <p>Penrith: 1300 130 225 Mon-Fri 9am-5pm Tuesdays until 8pm</p> <p>Woolloomooloo: 9332 3506 Mon-Sat by appt.</p> <p>Bondi Jn: 9332 3506 Mon-Sat by appt. including some evenings</p>
<p>Sydney Local Health District</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>Concord Hospital Ph: (02) 97675656</p>
<p>Catholic Care</p> <p>They provide services across Sydney from premises in Bankstown, Belmore, Cabramatta, Fairfield, Lakemba,</p>	<p>Counselling in the following areas: Couples and relationships Men's counselling including behaviour change and anger management Domestic Violence</p>	<p>CatholicCare line: 13 18 19</p> <p>Open 8am-6pm from Monday to Friday</p>

<p>Lewisham, Liverpool, Sutherland and their city office at Polding Centre, 133 Liverpool Street, Sydney.</p>	<p>Family counselling including post-separation family therapy Mental health counselling Addictions- Problem gambling and groups for families affected by alcohol and drug use Financial counselling Pregnancy counselling</p>	
<p>Domestic Violence Line Available 7 days, 24 hour</p>	<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 <p>Interpreters are available. If you are hearing impaired, call the National Relay Service on 133 677.</p>	<p>NSW Domestic Violence Line Ph: 1800 656 463</p>
<p>G-Line 24 hour 7 days</p>	<p>Counselling service for gamblers and their families- Offer help now or connect you with a face-to-face counsellor near you</p>	<p>Ph: 1800 858 858</p>
<p>Q Life</p>	<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>	<p>Ph: 1800 184 527 Both telephone and webchat from 3pm-midnight, every day</p>
<p>Lifeline</p>	<p>24-hour crisis support and suicide prevention services</p>	<p>Ph: 13 11 14 Available 24 hours/7 days</p>
<p>Leichhardt Women’s Community Health Centre 55 Thornley Street Leichhardt NSW 2040</p>	<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 Gay/Bisexual Men - 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 (\$5-\$10)</p>	<p>Ph: 9560 3011 Email: info@lwchc.org.au Appointments Mon-Fri 9:30am-5:30pm (Closed daily 1-2pm)</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>Sydney CBD Ph: 1300 827 638 Mon-Fri 8:30am-5pm</p> <p>Ashfield Ph: 1300 827 638 Mon-Fri 9:00am-5pm</p>
<p>Mens Line Australia</p>	<p>Support services for men, including support with:</p> <ul style="list-style-type: none"> - Depression - Anger - Stress - Relationships 	<p>Ph: 1300 789 978 Available 24 hours/7 days</p>
<p>Full Stop Australia (formerly NSW Rape Crisis)</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 385 578 Available 24 hours/7 days</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 Mon-Fri 9:00am-5pm Sat 9:00am-4pm</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 Counselling 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>Free service, no GP referral required, no geographic criteria.</p>	<p>Ph: 9718 1955</p> <p>Email: help@womenscounselling.com.au</p>
<p>Uniting Care Counselling & Mediation</p> <p>Level 5/222 Pitt St Street, Sydney NSW 2000</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 	<p>Ph: 1800 864 846 Email: ask@uniting.org</p> <p>Mon-Fri 9am-5pm</p>

	<ul style="list-style-type: none"> - Reaching property settlements - Managing relationships and feelings of loss, anxiety and depression - Strengthening and enhancing relationships <p>Managing debt related to gambling issues</p>	
Victims Services- Counselling Victims Access Line	<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>Victims Access Line: Ph: 1800 633 063</p> <p>Aboriginal Contact Line: Ph: 1800 019 123</p> <p>Hours: 9am-5pm, Mon-Fri (excluding public holiday)</p>
Alcohol Drug Information Service (ADIS) NSW	<p>24-hour telephone support, information, counselling and referrals 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.</p>	<p>Ph: 1800 250 015 Available 24 hours/7 days</p>
Newtown Neighbourhood Centre (NNC) *Phone Counselling only*	<p>Free generalist counselling service for anyone over 18. No referral necessary.</p> <p>Please complete the online form on our website:</p> <p>https://www.newtowncentre.org/counselling.html</p>	<p>Ph: 9564 7333 –Select Option 1 in menu</p> <p>Email: counselling@newtowncentre.org</p>
The Rev. Bill Crews Foundation (formerly 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 4600 Email: infor@billcrews.org</p>
Uplift Psychological Services https://upliftpsychologicalservices.com.au/ Redfern Located inside the Rail, Tram and Bus Union (Entrance in Wells St) 83-89 Renwick St Redfern Edgecliff One minute walk from the train station 6/201 New South Head Road Edgecliff NSW 2027	<p>Providing bulk billed (\$40) psychology with Mental Health Care Plan from GP</p> <p>General and Clinical 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: redfernreception@upliftpsychologicalservices.com.au</p> <p>Hours: 9am-5pm Monday to Friday</p> <p>Edgecliff Ph: (02) 9363 4550 Email: edgecliffreception@upliftpsychologicalservices.com.au</p> <p>Hours: 9am-5pm Monday to Friday</p>