

# Counselling

**Are you struggling and need someone to talk to?**

**Do you need support to work through a personal issue?**

Our Counselling service can help people with a number of personal issues or concerns that have a negative effect on their life. We support people to work through these issues, so that they can move toward a positive future.

## What can counsellors help with?

We can help with:

- Relationships
- Depression and anxiety
- Stress
- Pre and postnatal anxiety and depression
- Separation
- Grief and loss



## What is the cost?

It will cost either: \$9, \$15 or \$25 depending on your income.

If you are worried about cost, talk to us.

## Who is it for?

People living in Sunbury and surrounding areas.



**Call 9744 4455 for more information or to make an appointment,  
Monday to Friday: 8.30 am – 5 pm.**

