

Youth Counselling

Are you a young person who needs someone to talk to? Are you struggling with mental health? Are you having trouble with friends or family?

Our Youth Counselling service is for young people, 12 to 25 years of age. We can help young people cope with difficult feelings, thoughts, and improve relationships with friends and family.

What can a Youth Counsellor help with?

Our Youth Counsellor can help with:

- Relationships with family and friends
- Depression, anxiety, and mental health
- Drug and alcohol issues
- School pressures
- Grief and loss
- Identity, gender and sexuality
- Self-esteem and goal setting



What is the cost?

This service is free.

Who is it for?

Young people, 12 to 25 years of age 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

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12-28 Macedon St
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