



If you have any English Language difficulties, please ask staff to book an interpreter. From home contact the **free** Telephone Interpreter Services on **03 9605 3056**. Ask staff if this information is available in your preferred language.

What does the Counselling Service offer?

Eastern Health Community Health offers free short term counselling for children, young people and adults.

Our counsellors are experienced and qualified professionals and can assist you with many issues, including:

- Depression
- Anxiety and panic attacks
- Trauma, grief and loss
- Reclaiming life following family violence
- Stress
- Low self-worth and confidence
- Assertiveness and personal boundaries
- Relationship and family issues
- Challenging behaviours in children
- Life changes



A counsellor will work with you in a manner that is sensitive and confidential. Children under 12 years are able to be seen as part of a family group.

If you require a specialised service, we will support you in making a referral to that service.

Counsellors can support you to:

- ✓ Make difficult decisions or cope with life changes
- ✓ Understand your actions and behaviours and the factors that may influence them
- ✓ Develop your skills and strengths in dealing with stressful situations
- ✓ Improve your sense of wellbeing
- ✓ Where necessary, provide information or referral to other services

Family Violence Support

Eastern Health Community Health offers counselling to support victim survivors of family violence who are no longer in a relationship with the perpetrator.

If you are experiencing current violence and need assistance to leave a relationship or access legal advice, please contact Safe Steps on 1800 015 188, 24 hours per day. If you feel unsafe call 000.

Referral Information

- No GP Mental Health Care Plan needed
- Self-referrals accepted

Referrals can be made by phone - 1300 130 381 Option 4 or email: communityhealth@easternhealth.org.au

Program/Dept:

Approval Date:

Review Date:

Location details:

- **Healesville Hospital & Yarra Valley Health**
377 Maroondah Hwy, HEALESVILLE 3777
 - Bus Stop (corner Eadie Avenue & Maroondah Hwy)
 - Free car parking onsite
- **Upper Yarra Family Centre,**
2444 Warburton Hwy, YARRA JUNCTION 3797
 - Bus stop (in front of building)
 - Free car parking onsite

Useful contacts for emergency support, information and counselling

Emergency	000
Mental Health Triage	1300 721 927
Lifeline (24 hours)	13 11 14
Suicide Helpline Victoria (24 hours)	1300 651 251
Griefline (Midday to 3am)	1300 845 745
ECASA (Eastern Centre Against Sexual Assault (24 hours)	1800 806 292
Safe Steps Family Violence support (24 hours)	1800 015 188
Kids Helpline (24 hours)	1800 55 1800
MensLine Australia (24 hours)	130978
Parentline (8am to midnight)	13 22 89

For Further Information:

Phone: 1300 130 381 Option 4. Business Hours: Monday – Friday 9.00am – 4.30pm

Email: communityhealth@easternhealth.org.au



If you have any feedback or suggestions on how to improve this information sheet, please contact brochure.request@easternhealth.org.au