

Counselling

What is Counselling?

Counselling is a form of talk therapy used to support **people with issues or problems they may be facing**. Counsellors provide a safe space to explore thoughts and emotions and empower individuals with strategies to cope and reach their goals.

What areas can be explored during counselling?

At Chat Well Allied Health, we provide counselling support for:

- Grief and loss
- Stress, anxiety and depression
- Gender identity and/or sexuality
- Relationships
- Parenting
- Work and career
- Self-esteem and self-confidence
- Trauma and abuse
- Wellbeing

Sessions are person-centred, strengths-based and goal directed, to ensure all individuals feel supported and empowered.

Who can access counselling?



Counselling is offered to children over the age of 10 years old, as well as adolescents and young adults



Parents and carers can access counselling, to debrief, address any concerns and support their own wellbeing

To access counselling services under the NDIS, your child must have the item 'Improved Daily Living' in their plan.

Where can I access Counselling services?



In-Clinic

- Greenacres
- Mawson Lakes
- Stirling



School or Home



Telehealth

- Phone
- Video Call



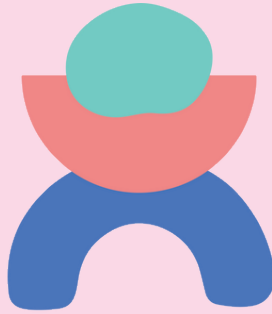
(08) 8102 0118



hello@chatwell.com.au



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