

### **Alcohol and other drug counselling**

We provide one-on-one counselling to clients who have alcohol and/or other drug problems. This service uses a range of strategies, including harm-minimisation and relapse prevention.

### **Women's and children's family violence counselling**

At Latrobe Community Health Service, we offer family violence counselling to women and children over the age of five years who have experienced or have been impacted by family violence. You can call us directly to get help from us.



# **Counselling Services**

### **For further information**

To find out more about counselling and help with addiction at Latrobe Community Health Service, visit [www.lchs.com.au](http://www.lchs.com.au) or call us on 1800 242 696.



# Counselling services

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**Our counselling services are usually 6-10 appointments, confidential and can last for up to 45 minutes per session. Our counsellors and psychologists will work with you to develop a care plan and help you reach your goals. Most services are free.**

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## Generalist counselling

Stress, grief and trauma touch us all at some point in our lives. You might be facing an illness, or have had a major life event including divorce.

If you feel overwhelmed by negative thoughts and emotions, talking to a counsellor can help improve your mental health.

### Counselling can help you:

- better manage anxiety and depression
- enhance self-esteem and find new purpose
- communicate more effectively
- relieve stress through more effective management skills
- identify and manage addictive behaviours
- change unwanted behaviours
- take control of your life.

## Children's counselling

We also offer generalist counselling for children aged between five and 17 years old.

## Gambler's Help counselling

Gambling can begin as entertainment, but it can also spiral out of control to the point it becomes a problem. Gambler's Help counselling offers you support and strategies to make changes and help you regain control of your life or to cope with someone else's gambling.

You'll be able to talk about the impact of gambling on your life in a safe, confidential and non-threatening environment.

Counselling sessions can take place face-to-face, over the phone or after hours.

If needed, our counsellors at Latrobe Community Health Service can provide referrals to other agencies. Counselling can be for individuals, couples or families. Gambler's Help services are free and offered across Gippsland.

We also offer financial counselling.

## Psychology

If you feel your issues are more long-term in nature, seeing a psychologist can help, especially if you are dealing with anxiety, depression, trauma and grief.

Usually, psychologists work closely with your doctor to ensure you have a comprehensive management plan. Clients with a long-term mental health issue who have a mental health care plan from their GP can be bulk-billed for up to 10 visits per year.

