

Counselling and support



Counselling and support is available to help you and your family through difficult times.

Every family is different, and everyone responds differently to challenges in life. It's a healthy positive action to seek help and talk about things with someone you trust. This can happen informally by talking with other parents and friends, or more formally by speaking with a health professional.

How can I get counselling and support?

You can get free counselling and support to help with depression and anxiety, parenting, financial pressure and relationship stress.

Talk to your Maternal and Child Health nurse or GP to find out what type of support would best suit you. This could include face-to-face counselling, telephone support, joining a group or accessing support online. Your GP can also tell you if you can access support through a Mental Health Care Plan where some of the cost is covered by Medicare.

Parents of children with disability can get free counselling support through:

Carer Gateway

Call 1800 422 737

www.carergateway.gov.au

How else can I get help?

A number of free and confidential helplines also provide counselling support:

Parentline

Call 132 289 (8am to midnight, 7 days a week)

Maternal and Child Health Line

Call 13 22 29 (24 hours)

Family Relationship Support for Carers

Call 1300 303 346

<https://www.each.com.au/service/family-relationship-support-for-carers/>

Relationships Australia

Call 1300 303 346

www.relationshipsvictoria.com.au/services/

Lifeline

24-hour telephone and online counselling.

Call 131 114

www.lifeline.org.au

MensLine Australia

Call 1300 789 978 (24 hours)

www.mensline.org.au

National Debt Line

Free financial counselling

Call 1800 007 007 (Mon-Fri)

www.ndh.org.au

1800 RESPECT

National Sexual Assault Family Domestic Violence Counselling Service

Call 1800 737 732 (24 hours)

www.1800respect.org.au