

Help for Your Family fact sheet

Counselling and wellbeing support



Counselling 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?

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

Families with children with disability can get free counselling support through:

Family relationship support for carers

Family relationship support for carers offers families raising children with disability free short-term counselling. You can see a counsellor online or in person.

Counselling can be for parents, siblings or couples, and the focus is to support you in your caring role.

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

Carer Gateway

Carer Gateway is an Australian Government program that provides free services and support for carers. This includes free counselling and coaching. Register with the Carer Gateway to find out how they can help you and your family.

www.carergateway.gov.au
or call 1800 422 737

Talk to your General Practitioner (GP)

Talk to your GP to find out about a Mental Health Treatment Plan, which can help cover the cost of seeing a counsellor or psychologist.

<https://www.healthdirect.gov.au/mental-health-treatment-plan>

Mental Health and Wellbeing Locals

This is a free service for all Victorians aged 26 and older, providing local treatment, care and connection. Check the website to find your nearest service.

<https://www.health.vic.gov.au/mental-health-services/mental-health-and-wellbeing-locals>

Relationships Australia (VIC)

Free counselling to help with relationship difficulties, big life changes, grief and stress. Find the service near you.

<https://www.relationshipsvictoria.org.au/>

My Circle for Parents

A free, safe online community for parents and caregivers. Talk with other parents about issues and concerns, and share stories and strategies.

<https://kidshelpline.com.au/parents/issues/my-circle-parents>

Wellbeing support

Many families say that connecting to other families in similar situations is the best help. There are many ways to connect, so choose what works for you. You can meet in person, connect online or through a disability-specific group. Find the right option for you.

<https://www.acd.org.au/connecting-with-other-families/>

There are also lots of free wellbeing and social events for carers across Victoria. Find the options near you.

<https://www.acd.org.au/local-carer-supports/>

How else can I get help?

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

Parentline

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

Maternal and Child Health Line

Call 13 22 29 (24 hours)

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

Free services for families

- Support Line
- Workshops
- Information
- Peer support

