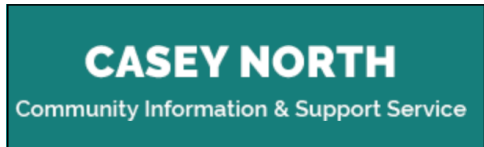


# Counselling & Support Services

Click on the service and you will be redirected to their website



# Counselling & Support Services

| <b>Counselling Services</b>                                     |              |   |
|---|--------------|---|
| <b>Kids Helpline</b>  | 1800 55 1800 | Free confidential 24/7 online and phone counselling for people aged 5 to 25   |
| <b>Headspace</b>  | 1800 367 968 | National Youth Mental Health Foundation providing early intervention mental health services to people aged 12 - 25. Free service  |
| <b>Beyond Blue</b>  | 1300 22 4636 | Beyond Blue provides information and support to everyone in Australia achieve their best possible mental health, whatever their age. Free service                       |
| <b>Parentline</b>   | 13 22 89     | Parentline is a phone service for parents and carers of children from birth to 18. Confidential and anonymous counselling and support on parenting issues. Free Service |
| <b>Lifeline</b>   | 13 11 14     | Lifeline provides compassionate support for people in crisis. Free Service  |
| <b>Head to Help</b>   | 1800 595 212 | Free service where an experienced mental health professional will listen and help connect you to the services that can further support you.                             |
| <b>Catholic Care</b>  | 03 5337 8999 | Provide services for families, refugees and asylum seekers, young people, couples, professionals and individuals  |
| <b>EACH</b>   | 1300 003 224 | Provides services for NDIS, older adults, health and well-being, child youth and family, mental health and counselling  |
| <b>Better Place Australia</b>                                   | 1800 639 523 | Can connect people to counselling and psychology services in their area   |
| <b>City of Casey Counselling &amp; Support Services</b>         | 03 9792 7279 | Provide support and counselling for people aged 13 - 25, parent assisted therapy for children 10 - 12 years. Free service no mental health plan required                |
| <b>Casey North Community Information &amp; Support Services</b> | 03 9705 3200 | Short term counselling available to people in crisis and require immediate assistance.  |
| <b>Cairnmillar Institute</b>                                    | 1800 391 393 | Provide cheap and accessible counselling by fourth year university students. Mental health plan required cost range from \$5 - \$20 pending family circumstances.       |