

# COUNSELLING SERVICES

Often when people seek advice and treatment at our Centre, they experience various levels of stress, anxiety or distress related to these issues. These responses are normal.

Some of these feelings relate directly to the issue they are seeking help with.

Sometimes, other issues such as relationships, past events/trauma, grief or adjustment to new information or medication, add to these issues.

Whatever the reason, it can be incredibly valuable to talk to someone about your concerns. Of course not everyone wishes to do this, or perhaps, not at the present time.

Whilst your Doctor or Nurse is a good place to start, many people seek a different space to talk through their feelings.

Our experienced Counsellors are professionally trained and are committed to ongoing professional supervision to ensure they provide the highest standard of care.

Please feel free to make an appointment, or keep this pamphlet for a later date.

## WHAT IS COUNSELLING, AND WHAT IS INVOLVED?

Counselling provides the opportunity for safe and confidential exploration of your concerns – without judgement.

The Counsellor, will support you, so that you can be actively involved in telling your story, and working towards your preferred solutions.

Usually sessions are arranged weekly or second weekly depending on your needs, and last for about 50 minutes.

Assessment and short to medium term support is available.

At times you may seek guidance to alternative counselling services – our Counsellors can help you with these choices. There is a range of services available.

We have a female and male Counsellor – the choice is yours. Just ask to make an appointment with Jocelyn or Peter.

## HOW DO I MAKE OR CANCEL AN APPOINTMENT?

Some people like to first discuss their concerns with their Doctor or Nurse, so feel free to do this. Others prefer to initiate the appointments independently.

Feel free to ask any staff member whilst at the Centre. Alternatively you can phone for an appointment - 93470244.

The service is free and no referral is necessary.

As limited appointments are available please provide 24 hours notice if unable to attend. This enables someone else to have this appointment. Your assistance with this is appreciated

## SOME HELPFUL CONTACTS:

### Relationships Australia

see yellow pages for a branch convenient for you

### Lifeworks

City and Suburbs  
ph: 96547360  
[www.lifeworks.com.au](http://www.lifeworks.com.au)

### Drummond Street Relationship Centre

Carlton  
ph: 9663 6733  
[www.drummondstreet.com.au](http://www.drummondstreet.com.au)

### Royal Women's Hospital Sexual Counselling Clinic

ph: 9344 2055

### Community Health Centre

see yellow pages for local contact details

This fact sheet is designed to provide you with information on Counselling Services. It is not intended to replace the need for a consultation with your doctor. All clients are strongly advised to check with their doctor about any specific questions or concerns they may have. Every effort has been taken to ensure that the information in this pamphlet is correct at the time of printing.



Melbourne  
Sexual  
Health  
Centre

A part of Alfred Health

## Melbourne Sexual Health Centre

580 Swanston Street  
Carlton Vic 3053  
Australia

Tel: (03) 9341 6200

Fax: (03) 9347 2230

Free Call: 1800 032 017

TTY: (03) 9347 8619

Web: [www.mshc.org.au](http://www.mshc.org.au)

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### Melbourne Herpes Self Help Group

<http://home.vicnet.net.au/~mhshg/>

### Victorian AIDS Council/Gay Men's Health Service

ph: (03) 98 656 700

<http://www.vicaids.asn.au/content/default.asp>

### Positive Counselling

*HIV and Hep C support*

ph: (03) 93 769 844

[www.positivecounselling.org.au](http://www.positivecounselling.org.au)

### Positive Women

*Supporting Women Living with HIV/AIDS*

<http://www.positivewomen.org.au/>

### Gay and Married Men's Association

**G.A.M.M.A. (Vic)**

ph: 0417507930

[http://www.geocities.com/gamma\\_vic/home.html](http://www.geocities.com/gamma_vic/home.html)

### Domestic Violence and Incest Resource Centre

ph: (03) 94 869 866

<http://www.dvirc.org.au/>

### Centre Against Sexual Assault (CASA)

24hr telephone line

ph: (03) 9344 02210

<http://www.rwh.org.au/casa/>

### Melbourne Sexual Health Centre

see our Homepage for other useful links

<http://www.mshc.org.au/>

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