Melbourne Sexual Health Centre
A part of Alfred Health

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# COUNSELLING SERVICES FOR PEOPLE LIVING WITH HIV

The Melbourne Sexual Health Centre Counselling Service specialises in working with HIV positive clients, their partners, family and friends.

At different times in life, you may feel stressed, anxious or distressed. These responses are normal.

Sometimes, these feelings may relate directly to the issue you are seeking help with. However, other issues, such as relationships, past events/trauma, grief or adjustment to new information or medication, can compound 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 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.

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 – (03) 93 416 200 - 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

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.

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FACT SHEET