

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 -(03) 93416200
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

ph: 1300 364277

see yellow pages for a branch convenient for you

Lifeworks

City and Suburbs

ph: (03) 98650 6200

www.lifeworks.com.au

Drummond Street Relationship Centre

Carlton

ph: (03) 9663 6733

www.dsrmc.org.au

Royal Women's Hospital Sexual Counselling Clinic

ph: (03) 8345 3045 and 1800 442 007 for regional callers

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

COUNSELLING SERVICES

Community Health Centre

see yellow pages for local contact details

Links:

Victorian AIDS Council / Gay Men's Health Service

ph: (03) 9865 6700

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

Gay and Lesbian Switchboard

www.switchboard.org.au

ph: (03) 96632939

Positive Counselling

HIV and Hep C support

ph: (03) 9530 2311

www.positivecounselling.org.au

Positive Women

Supporting Women Living with HIV/AIDS

ph: (03) 9076 6918

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

Gay and Married Men's Association - G.A.M.M.A. (Vic) The Franklin Centre

ph: (03) 98990509 or 1800 807660 for regional callers

<http://avoca.vicnet.net.au/~abma/gp3.htm>

Domestic Violence and Incest Resource Centre

ph: (03) 9322 3555 or 1800 015188

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

Centre Against Sexual Assault (CASA)

24hr telephone line

ph: 1800.806292

<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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