



TALKING IT OVER CARER COUNSELLING

If you have a lot on your mind, talking it over can help. Our professional counsellors understand the various challenges that may arise for carers.

Counsellors are respectful, listen carefully and will focus on what is most important to you in your caring role.

"Counselling helped me to feel stronger and more able to manage. The counsellor understood me and we worked out ways forward together. I gained perspective and realised the value of caring for myself too."

Our counselling service can offer you individual, family or group sessions.

Counselling is available in most languages.

For more information please call our Carer Advisory Line on 1800 242 636.

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www.carersvictoria.org.au

While caring can be rewarding and positive, there are times when you may feel challenged as a carer. Emotions may include feeling overwhelmed, tired, stressed, guilty, sad and uncertain. Dealing with these emotions is not always easy. Talking things over can help.

Individual and Family Counselling

Our counsellors provide confidential, short-term individual and family counselling.

Counselling may be in person, on the phone or via video. Sessions are at Carers Victoria's counselling rooms in Footscray or held more locally to you through our external counsellors.

Group Counselling

Group counselling provides an opportunity for carers to express, explore and discuss a variety of issues with other carers who share similar experiences.

Group counselling involves a small group of carers (5-10 participants). Each session is facilitated by an experienced counsellor.

For more information

T 1800 242 636

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