

## Crisis Counselling

Information, support and short term crisis counselling available to any woman aged over 16 living in Mt Druitt and surrounding areas.

The counselling service is free, confidential and voluntary with a limit of ten sessions per client. The counselling service helps women in taking control of their lives, and managing issues and concerns.

Support is available for a range of issues including

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Anger

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Anxiety

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Conflict

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Depression

-

Self esteem/confidence

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Body Image/Identity

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Communication Skills

-

Domestic Violence

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Drugs & Alcohol

-

Parenting

-

Relationships

-

Sexual Assault

-

Stress

-

Trauma

-

Loss & Grief

-

Suicide & Death

Counselling is available Monday to Friday

To talk to our counsellor or make an appointment please call 9677 1962

This project is funded by Family and Community Services