

COUNSELLING SERVICES - Local

<u>ORGANISATION</u>	<u>CONTACT NUMBER</u>	<u>HOURS</u>	<u>ADDRESS</u>	<u>NOTES</u>
Counselling Service Inc (CSI) Free Counselling	6648 3694	Counselling appointments Mon and Friday	Coffs Harbour Neighbourhood Centre Community Village Earl St Coffs Harbour. Other venues, days and times. Ring for info.	Free generalist counselling.
Interrelate Coffs Harbour	6659 4150	Monday – Friday 9am – 5pm	24 Park Avenue Coffs Harbour	Offers a range of counselling for individuals and families. Also offers counselling for people affected by the Royal Commission into Institutional Responses to child abuse. Call for information.
Miindala – NALAG (National Association for Loss and Grief) Free Counselling	0448 084 792	By Appointment		Free loss and Grief counselling. No referral necessary. Call to arrange time and suitable location.
STARTTS Free for people from a refugee background	66 509195		14 Earl Street Coffs Harbour	Free Specialist refugee trauma counselling

ACON Free	6651 6017 athoener@acon.org.au	By appointment	21/20 Gordon Street Coffs Harbour	Counselling sessions for people who identify as LGBTQI and who are living with HIV
Lifeline Suicide Bereavement Group	6651 4093 Reception.northcoast@lifeline.org.au		2/26 Gordon St Coffs Harbour	Evening support group led by trained facilitators (over 18's only)
Coffs Harbour Sexual Assault Service Free	6656 7200 or 6656 7000 for crisis presentations	24/7 for recent crisis (last 7 days) Business hours otherwise	Coffs Harbour Health Campus 345 Pacific Highway Coffs Harbour	Free, unlimited counselling for children, teenagers and adults who have experienced sexual assault.
Victims Services NSW	1800 633 063 <u>Aboriginal Line</u> – 1800 019 123	Monday – Friday 9am – 6pm	Victimsservices.justice.nsw.gov.au	For victims of crime. Call for information on unlimited counselling with local practitioners
Private Practitioners	See GP to access a mental health plan on order to access funded counselling sessions.			

COUNSELLING SERVICES – Phone & Online				
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Lifeline	13 11 14	24/7	Lifeline.org.au	Generalist telephone crisis counselling or online chat counselling.
Kids Helpline	1800 55 1800	24/7		Counselling for youth aged between 5 – 25yrs
Suicide Callback Service	1300 659 467	24/7	Suicidecallbackservice.org.au	Free phone/online chat or video chat counselling for those experiencing suicidal ideation or those bereaved through suicide. Will speak to the same counsellor for as many sessions as necessary.
Blue Knot Foundation	1300 657 380	9am – 5pm 7 days per week	Blueknot.org.au	Information, counselling and referral for adult survivors of childhood abuse
Q Life Chat	1800 184 527		https://qlife.org.au	Phone or online counselling for people who identify as LGBTQI
Mensline	1300 789 978	24/7	Mensline.org.au	Phone or online chat counselling service for men
Beyond Blue	1300 224 636	24/7 for phone 3pm – midnight for online chat (7days p/week)	Beyondblue.org.au	Information and support for those with mental health concerns.
Sexual Assault, Family and Domestic Violence Line	1800 737 732	24/7	1800respect.org.au	National phone and online counselling service for those who are/have been experiencing sexual assault/ domestic violence
Carers Australia	1800 242 636			Support for Carers

Headspace	1800 650 890		Eheadspace.org.au	Phone or online chat for young people aged 12-25 and their families.