

# Counselling

It can be tough being a carer. It can be difficult dealing with a range of emotions, thoughts and experiences that carers encounter. Talking it over can help.

## What is it?

Free, confidential counselling specially designed for carers. Carers Victoria can offer short term counselling of up to six sessions at a time.

## How will it help me?

You may be feeling stressed, guilty, confused or overwhelmed by your caring role. Dealing with these emotions is not always easy.

Talking with a professional counsellor can help to make a difference to your caring role and your life. Counsellors won't judge you, but they will listen and encourage you to talk about your worries.

Counselling can help you with:

- Coping skills
- Loss and grief
- Managing stress
- Emotional support
- Health and wellbeing
- Practical problem-solving

## We offer:

- Individual, couple and family sessions
- Face to face at our office in Footscray, or somewhere closer to your home
- Over the telephone or via Skype
- In your preferred language (*where available*)

## Group Counselling is available for:

- People with similar caring experiences or on specific themes or topics
- Carers thinking about residential care options
- Bereaved carers,

Or as an intensive three day sanctuary program.

## For more information

Contact the Carer Advisory Line on 1800 242 636

*The Carer Counselling Program is a national program, funded by the Australian Government.*

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"Despair, failure, loneliness - that's how I felt. Counselling helped me to slowly regain my confidence, step by step. I realised I had the ability within to regain control of my life."

"Sharing my situation with others who were going through the same thing reminded me that I wasn't alone, and gave me the confidence to achieve my goals."