

Counselling Services

Mental Health	
<p>Beyond Blue & North Coast PHN New Access Program Coaching</p> <p><i>New Access is a low intensity program to help people tackle day to day pressures. Includes 6 free coaching sessions. Available face to face, by phone and skype. No GP referral needed.</i></p>	<p>1800 010 630 Mon to Fri 9am-5pm https://www.beyondblue.org.au/get-support/newaccess/newaccess-north-coast</p>
<p>Connect to Wellbeing Service Neami National North Coast</p> <p><i>Service that connects individuals with counselling services. Offers up to 12 counselling sessions over 12 months for people experiencing mental health concerns and who are experiencing financial distress.</i></p>	<p>1300 160 339 connecttowellbeingNC@neaminational.org.au</p>
<p>Headspace (12 – 25 years)</p> <p><i>Provides up to 10 free sessions of counselling to young people with a mental health care plan from clinical psychologists. Generalist counsellors offer counselling not restricted to 10 sessions. Drug and Alcohol counselling is also available.</i></p>	<p>(02) 6625 0200 Mon to Fri, 9am – 5pm</p>
<p>Women’s Health Matters Lismore Community Health Service</p> <p><i>Counselling and group programs for midlife and older women</i></p>	<p>(02) 6620 2999 Mon to Wed, 8.30am- 5pm</p>
Trauma, Sexual Assault and Domestic and Family Violence Counselling Services and Support	
<p>Blue Knot Foundation 9am – 5pm Monday to Sunday</p> <p><i>Short term counselling support for adult survivors of childhood trauma and abuse, parents, partners, family and friends and professionals who work with people who have experience childhood trauma and abuse.</i></p>	<p>1300 657 380 Mon to Sun, 9am – 5pm helpline@blueknot.org.au</p>
<p>Northern Rivers Community Gateway ROSAS program</p> <p><i>Free long-term or short-term counselling service for adults and children who have experienced childhood trauma including sexual assault</i></p>	<p>(02) 6621 7397 Mon to Fri, 9am – 4pm intaketraumacounsellor@nrcg.org.au</p>
<p>Indigo House</p> <p><i>24/7 free and confidential telephone counselling and medical support to children, adolescents and adults</i></p>	<p>(02) 6620 2970 (9 – 5pm) (02) 6621 8000 (24-hour phone line)</p>

<i>who have experienced sexual assault or domestic violence and their non-offending supporters. Aboriginal sexual assault worker available. Crisis and follow up counselling available.</i>	
Rape & Domestic Violence Services Australia <i>24/7 phone support services for anyone who has experienced or is at risk of experiencing sexual assault or domestic violence.</i>	1800 424 017 (NSW Rape Crisis Line) 1800 211 028 (Sexual Assault Counselling) Intake: 02 8585 0363 intake@rape-dvservices.org.au
Women Up North Housing Connect to Wellbeing Program <i>Free specialist trauma counselling for women experiencing financial distress through the Connect to Wellbeing program</i>	(02) 6621 7730 Mon to Fri, 9.30am – 4.30pm wunh@wunh.org.au
Victim Services - Approved Counselling Services <i>Free short-term counselling (up to 22 hrs) for people who have become victims of violent crime that occurred in NSW.</i> <i>Free skype/phone counselling services also available with a psychologist. Clients do not need to have had police involvement to qualify for these services.</i>	1800 633 063 (Victims Access Line) 1800 019 123 (Aboriginal phone line) www.victimsservices.justice.nsw.gov.au
LGBTIQ Community	
ACON <i>Free counselling (Mon – Fri, 9-5pm) for adults who identify as Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) and people living with HIV. Up to 12 free counselling sessions a year with no referral needed.</i>	02 6622 1555 1800 633 637 (Free call) northernrivers@acon.org.au
Qlife <i>Free national, anonymous service that offers support and referral to LGBTI people, their friends and families via phone and webchat</i>	1800 184 527 qlife.org.au
Aboriginal Women	
Rekindling the Spirit <i>Provides individual, couple and family counselling support, women's group and men's groups.</i>	(02) 6622 5534 Mon to Fri, 9am – 4.30pm Admin1@rekindlingthespirit.org.au
BunJum – Changing ways program	(02) 6686 5644 http://www.bunjum.com.au/

<i>Provides family and relationship counselling for Aboriginal men and women.</i>	
Aboriginal and Domestic Violence Hotline <i>Part of victim's services has a dedicated helpline for Aboriginal victims of crime who would like information on victim's rights, how to access counselling and financial assistance.</i>	1800 019 123
Family and Relationship Counselling Services	
Interrelate <i>Individual and couples counselling, relationship programs, post separation parenting case management, wellbeing groups for Aboriginal women</i> <i>Outreach Locations: Ballina, Casino, Mullumbimby, South Tweed Heads</i>	1300 473 528 Mon to Fri, 9am - 5pm lismore@interrelate.org.au
Elements – Youth and Family Relationships Program <i>Free counselling services for people 10 -24 years old and their parents via individual and group sessions to assist with building positive family relationships</i>	02 6620 1800 elements@socialfuture.org.au
Men & Family Centre <i>Offers individual counselling for men, women and children who have experienced violence or abuse or are dealing with grief and loss. Group programs are also available for men.</i>	(02) 6622 6116 Mon to Fri, 9am – 5pm
Tresillian Family Care Centre <i>Individual, couple and family therapy for adults and adolescents</i>	(02) 6624 0380
PANDA, National Perinatal Anxiety and Depression Helpline <i>Free, national helpline for any new or expecting parent struggling with challenges of becoming a new parent.</i>	1300 726 306 Mon to Fri, 9am – 7.30pm
Start Talking Telehealth Program, Gidget Foundation Australia <i>Provides up to 10 free psychological counselling session for women who are pregnant for women and partners who have experiences a childbirth-related loss within the last 12 months. A GP referral is needed, including a mental health care plan.</i>	1300 851 758 starttalking@gidgethouse.org.au

Drug and Alcohol Counselling	
Alcohol and Drug Information Service (ADIS) <i>24/7 Education, information, referral, crisis counselling and support.</i>	1800 422 599 www.yourroom.com.au
Counselling Online <i>24/7 Online counselling service for people using alcohol and other drugs, family members and friends</i>	1800 888 236 www.counsellingonline.org.au
The Buttery Intra community program <i>Free alcohol and drug outreach offering individual and group counselling to help people achieve their goals</i>	02 6687 1111 intake@buttery.org.au
Richmond-Clarence Drug and Alcohol Service <i>Provides access to individual counselling, detox services, medical support and treatment, including a program for women who are pregnant and use drugs and/or alcohol.</i>	02 6620 7600
Alcoholics Anonymous <i>Alcoholics Anonymous is a group of men and women who meet regularly to support one another to recover from alcoholism.</i>	1300 222 222 www.aa.org.au
Narcotics Anonymous <i>Non-profit group of women and men who regularly meet in a group to support one another abstain from drugs.</i>	1300 652 820 www.na.org.au
Eating Disorders	
The Butterfly Foundation <i>Provide telephone, online and email counselling for people affected by eating disorders and body image issues.</i>	1800 33 4673 Mon to Sun, 8am to midnight https://www.thebutterflyfoundation.org.au

<p>24/7 Crisis Lines</p> <p><i>You can call these crisis lines 24 hours a day, 7 days a week</i></p>	
<p>Lifeline Crisis Support Line</p> <p><i>24/7 crisis support and suicide prevention services</i></p>	<p>13 11 14</p>
<p>Beyond Blue</p> <p><i>Talk to a trained mental health professional any time of the day or night. Calls are confidential. They will listen, provide information and advice and point you in the right direction to seek further support.</i></p>	<p>1300 22 46 36</p>
<p>Kids Helpline</p> <p><i>A free, private and confidential telephone counselling support line for children and young people ages 5 to 25.</i></p>	<p>1800 551 800</p>
<p>Suicide Call Back Service</p> <p><i>National Services that provides free 24/7 phone, video and online professional counselling to people who are affected by suicide.</i></p>	<p>1300 659 947</p>
<p>1800 RESPECT</p> <p><i>National sexual assault, family and domestic violence counselling line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault</i></p>	<p>1800 RESPECT www.1800respect.org.au</p>
<p>Domestic Violence Line</p> <p><i>24/7 NSW state-wide telephone crisis counselling and referral service for women and persons who identify as female.</i></p>	<p>1800 656 463 1800 671 442 TTY (Hearing impaired)</p>
<p>Mental Health Access Line</p> <p><i>A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people.</i></p>	<p>1800 011 511</p>