



*Seeds, Lino Print by Aunty Kath Withers, 2012, is about regeneration and growth through turbulence and trial, and making the time to sow and grow something new*

## MLHD Counselling Service

Please call **Community Care Intake Service** for counselling in Griffith, Wagga Wagga, Young, Temora, West Wyalong Corowa, Finley, Deniliquin, Hay, Tumut and surrounding locations.

**1800 654 324**

**MLHD Aboriginal Health Unit** 1800 249 645

### 24/7 Crisis Support

Access Line	1800 800 944
NSW Rape Crisis	1800 424 017
1800 Respect	1800 737 732
Domestic Violence Line	1800 656 463
In an Emergency dial	000



**MLHD  
Counselling  
Service**

*For Priority Populations*



**Murrumbidgee  
Local Health District**



**Murrumbidgee  
Local Health District**

## Do I need counselling?

MLHD understands that psychological wellbeing is an important part of good health.

There are situations that are really hard to deal with and can leave us feeling overwhelmed and unsupported.

Counselling with a skilled and trained professional can help you work through issues that are impacting your life.



Image from deaf-hope.org

## Who do we see?

- We provide counselling for people who are victims of domestic violence, past or present.
- We provide counselling for those with psychological difficulties associated with complex and ongoing health care conditions or interpersonal trauma.
- We also provide counselling to vulnerable families and pregnant women experiencing psychosocial and mental health difficulties during the perinatal period and/or who are accessing support through the NSW Health Safe Start Program.

We are not able to provide counselling for perpetrators of sexual and/or domestic violence; relationships and couples counselling; risk management for clients at risk of suicide or non-suicidal self-injury; court reports.

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*Our service is confidential,  
free of charge & professional.*

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## Referral

- You can refer yourself by calling the Community Care Intake Service number on the back of this brochure. Counselling sessions by experienced staff are available by appointment only.
- A GP or another agency may also make a referral but a Mental Health Shared Care plan is not required.
- We will ask if you identify as Aboriginal and the Aboriginal Health Unit are available for support if needed.
- If language is a barrier, then we can engage an interpreter so that you can access counselling.

## Confidentiality

Information about you is confidential and will not be given to anyone unless you have given permission or if there are exceptional circumstances such as issues of safety or if it is required by law.

Cover Photo: Courtesy of A. Seebach.