



Our accredited counsellors provide caring, low-cost support for individuals and couples in a safe, confidential space.

Counselling Services



Lifeline

HARBOUR TO HAWKESBURY
SYDNEY

In a confidential, non-judgemental space, our highly qualified counsellors help individuals, couples and families build resilience and improve coping strategies.

Our **PACFA accredited counsellors** offer caring, evidence-based methods of support for individuals and couples – supporting you in improving your mental wellbeing, so you can face life's challenges more confidently.

We can help with depression, anxiety, stress, relationship-issues, suicide bereavement, grief and loss, sleep problems, general mental health concerns and more

Support that's affordable and convenient

- Low-cost individual and couples sessions (sliding scale concessions available for financial hardship)
- Appointment-only sessions are available both face-to-face and via Telehealth

When life gets hard or you don't feel like you're coping as well as usual, speaking with a **counsellor you trust** can help you feel better by building your skills and resilience.



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SYDNEY

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