

Counselling Services

Assisting you to manage your health and wellbeing.



Mental Health
and Wellbeing

Our Counselling service provides you with support to explore more effective ways of managing the difficulties you may be experiencing in life.

Our service is confidential and respectful of your needs, circumstances and culture.

How might Counselling benefit you?

Talking to a counsellor may improve your emotional and psychological wellbeing by assisting you to:

- Work through ways to help you become clearer about what you want to do.
- Think clearly about your situation and find options that you may not have thought of.
- Try out new ways of dealing with problems to assist you to manage your health and wellbeing.
- Feel more in control of your life.

Our team specialises in the areas of:

- Feelings of isolation, loss and grief.
- Depression.
- Family conflict.
- Self-esteem.
- Stress and anxiety.
- Anger.
- Making decisions and solving problems.

- Cultural or sexual identity issues.
- Coping with difficult life stages or events such as adolescence, the birth of a child, unemployment.
- Chronic illness, separation, retirement, disability.

Accessing this service:

- You can refer yourself to this service by contacting us on 1300 77 33 52, or a family member, parent or care giver can refer you.
- This service is available through **self-funded (fee paying)** system. Speak to our team about fees – private health insurance rebates may apply.

There is no cost for concession card (pension or health care card) holders.

Bulk Billing

- **Bulk Billing** is available for individual counselling and group counselling as part of a Mental Health Plan completed by your GP or Psychiatrist – therefore there is no out of pocket expense to you.
- Counselling services can be purchased by schools, government departments, support agencies, and through packages such as Targeted Care Packages. Speak to our team to see how this might apply to you.

#YOLO LiveWell

You only live once, live well.

Bulk Billing

This service is registered with the Medicare Benefits Scheme.

Need help?

To find out more about Nexus, please contact us on:

t 1300 77 33 52

info@nexusprimaryhealth.org.au

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72 Ferguson St

Seymour
22 Callen St

Kinglake
19 Whittlesea-Kinglake Rd

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7-11 High St

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