Our Social Work Counsellor provides:

Counselling
Counselling is offered to individuals (children or adults), couples and families. We provide a respectful and non-judgmental environment in which to talk about things that may be worrying you, such as:

- Depression
- Anxiety
- Low self esteem
- Relationship difficulties or breakdown
- Parenting issues
- Post Natal Depression
- Grief and loss
- Adjustment issues

Practical Support
We can also offer support with some practical issues such as:

- Providing information
- Referrals to other services or health professionals
- Advocacy

Group programs
- Parenting courses are conducted throughout the year
  (See group programs flyer for more information)

Find out how you can access this program on the next page
Our Service

- Explores what options are available to you
- Respects the right to make your own choice
- Is an appointment based service, not a crisis service

Who can come?
People over the age of 18 years who live in the City of Glen Eira, City of Stonnington, City of Port Phillip or City of Bayside (North of South Rd).

If you have any questions, call the team

How can I access the service?
Referrals can be made by yourself, your doctor or health care professional by contacting Caulfield Access.

If you are 65 or over the referral needs to be made via My Aged Care. You can contact them by phone on 1800 200 422 or myagedcare.gov.au

Do fees apply?
At CCHS, fees apply to our services. Fees are set in line with government guidelines and are based on your income. When you call us, fees will be explained and discussed with you. If you are concerned about fee affordability, please let us know.