

## How do I book an appointment?

To book an appointment, contact your nearest IPC Health campus.

Parents can make an appointment for their children aged 15 or younger.

A doctor or health professional can make an appointment for you, with your consent.

At first, you will be offered one counselling session. If you want further counselling, a qualified mental health practitioner will discuss additional sessions with you.

## Is there a fee?

This service is free.



The Community Health Counselling service is supported by the Victorian Government.

### IPC Health Corporate Office

106 Station Road  
Deer Park VIC 3023  
PO Box 171 Deer Park VIC 3023

**ACN** 136 685 151  
**ABN** 68 846 923 225

### Deer Park

106 Station Road  
Deer Park 3023

### St Albans

1 Andrea Street  
St Albans 3021

### Sunshine

Level 1, 499 Ballarat Road  
Sunshine 3020

### Altona Meadows

330 Queen Street  
Altona Meadows 3028

### Hoppers Crossing

117–129 Warringa Crescent  
Hoppers Crossing 3029

### Wyndham Vale

510 Ballan Road  
Wyndham Vale 3024

**1300 472 432**

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# Community Health Counselling



## Group programs

IPC Health often runs groups to help people with issues such as family violence, depression, anxiety and social isolation.

Ask your local IPC Health campus about what groups are running.

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## What do counsellors do?

Our counsellors are mental health professionals who can:

- help you to explore your thoughts, feelings and behaviours
  - coach and support you to make helpful changes
  - help you to improve your relationship with family, friends and others
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## Counsellors will:

- listen to what matters to you
- respect your privacy
- respond to your needs as much as they can



## How can a counsellor help?

Counsellors can help with:

- mild to moderate mental health issues such as anxiety and depression
- living with diabetes, heart disease or other chronic health conditions
- adjusting to family and life changes
- dealing with stress and traumatic events
- problems with relationships at home, work or school
- strong emotions that are hard to manage

## Who can use this service?

All people aged 16 and over can use this service. People younger than 15 will require parental assistance.

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## Can I have an interpreter?

Yes, interpreters are free. Please let us know when booking an appointment.

