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

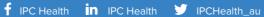
Wyndham Vale

510 Ballan Road Wyndham Vale 3024

1300 472 432

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PCHealth

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.

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

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.

Can I have an interpreter?

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

