



Lived Experience Counselling – Peer Support Worker

ipcHealth

Who can contact the IPC Health Lived Experience Counselling Service?

Victorians aged 18+ years who are experiencing emotional distress and mental ill-health can receive help from the Lived experience Counselling Service. The Service supports people living in the areas of Brimbank, Hobsons Bay, Wyndham, Melton, Bacchus Marsh and Little River

What type of support can I receive from the Lived Experience Counselling Service?

Lived Experience Peer Support Workers have a lived experience of mental ill-health and of taking the path of recovery. Peer Support Workers apply their lived experience to support others experiencing mental ill-health and guide them with their mental health recovery.

Is the Lived Experience Counselling Service a telehealth service only or can you meet with someone face to face?

The Lived Experience Counselling Service is a face to face service however we also provide the option of counselling over the phone or via video call.

Is Lived Experience Counselling free?

Yes! Lived Experience Counselling is a free and confidential service. If we think you will benefit from support from another service, we will ensure where possible that it is free or low cost.

Do I have to go to my GP to get a mental health treatment plan before seeking Lived Experience Counselling services?

No, a mental health treatment plan is not required for you to access Lived Experience Counselling

How can I make a referral to IPC Health Lived Experience Counselling Service?

Call IPC Health on 1300 472 432 to speak with a Lived Experience Counselling Peer Support Worker.