

IPC Health - Counselling Service

Street Address

Head Office 106 Station Road Deer Park, Victoria, 3023

Additional Sites

122 Harvester Road Sunshine, Victoria, 3020 1 Andrea Street St Albans, Victoria, 3021

Phone

9219 7142

Client Min Age

6

Service Description

IPC Community Health Counselling program is a free counselling service for people aged 6 and over (people aged 6-15 will need parental assistance). Our counsellors include social workers and psychologists 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. Our counsellors will listen to what matters to you, respect your privacy and respond to your needs where possible. We can help with mild to moderate mental health problems 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. How do I get an appointment?

[href="https://www.ipchealth.com.au/services-information/"](https://www.ipchealth.com.au/services-information/)>Contact your nearest IPC Health campus. Parents can make an appointment for their children aged 6 – 15 years. You will be offered one counselling session to get you started. If you want further counselling you may be placed on a waiting list. St Albans1 Andrea Street St Albans, Victoria, 3021Phone: (03) 9296 1200 Sunshine 122 Harvester Road Sunshine, Victoria, 3020Phone: (03) 9313 5000 Deer Park (Head Office)106 Station Road Deer Park, Victoria, 3023Phone: (03) 9219 7142

Service Type

INDIVIDUAL

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