



Private Counselling (Medicare)

Almost half of all Australians will experience mental illness at some point in their lives.¹ Working with a psychologist can help to enable you to deal with these issues effectively and gain a greater understanding of yourself, your behaviours and thinking patterns, and enhance your sense of wellbeing.

Better Place Australia provides professional psychological support and guidance for many personal or family issues such as:

- Depression
- Anxiety and Panic Disorders
- Stress Management
- Self Esteem
- Relationship Issues
- Sexual issues
- Grief and Loss
- Referrals to specialist support such as Alcohol and other Drug Services, Gambling Support and Family Violence Services.

How does counselling work?

Through regular sessions the clinician explores with you the difficulties and issues you may be facing and assists you to build strategies and coping skills to help you address them. The objective is to help you make a positive change.

Who can counselling help?

All sorts of people seek counselling for any number of reasons, such as when they:

- Need help dealing with strong emotions such as grief, loss, sadness, anger, blame
- Are struggling to move on from past relationships
- Are in conflict with those close to them be it partners, parents, family, friends, colleagues or children

- Want help to identify what isn't working in their lives and develop strategies to improve
- Feel like their relationship needs work
- Want an impartial, non-judgmental person to talk to about their problems.

What won't counsellors do?

- Give advice or be judgemental
- Get emotionally involved
- Diagnose mental illness or prescribe medication (only doctors can do that)
- Take sides or referee a disagreement.

Is counselling confidential?

Yes. Nothing said will be revealed unless permission has been given and any notes taken are kept secure. There are some circumstances under which confidentiality is limited or revoked due to legal or personal protection requirements.

Are there costs for Better Place Australia services?

We accept the Medicare benefit as payment for our service with a mental health care plan from your GP. There is a low-cost fee from \$20 to \$80 per session based on a sliding scale of income or if you are experiencing financial hardship.

Interpreters



You can ask us for an interpreter in your language.

What do I do now?

If you feel that you would benefit from counselling or you would just like to know more about it, please call **1800 639 523** or send an email to enquiry@betterplace.com.au with your contract details. For more information, visit betterplaceaustralia.com.au

¹ Australian Bureau of Statistics. (2009). National Survey of Mental Health and Wellbeing: Summary of Results, 4326.0, 2007. ABS: Canberra

