

Counselling Services

We all experience ups and downs in our lives. In some situations, we may need to talk to someone: families, friends and/or professionals. Centre for Holistic Health Counselling Services provides a range of clinical services for the disadvantaged individuals of Chinese speaking backgrounds and their families who are undergoing crises, ongoing difficulties and chronic psychological and mental health problems.

Who do we serve?

(1) Individuals, couples and families who are experiencing:

- Possible psychological and mental health problems;
- Crisis (e.g. acute episodes of psychological and mental health problems);
- Ongoing personal and interpersonal difficulties (e.g. health related psychological and mental health problems; relationship problems at work and with peers);
- Couple and family conflicts and breakdowns (e.g. domestic violence);
- Caring difficulties (e.g. care of relatives with chronic illnesses, disabilities, and dementia).

(2) Professionals who need:

- Ongoing supervision and consultation in order to provide high quality counselling services for their clients.

What services do we provide?

- Crisis intervention
- Psychological assessment
- Individual counselling
- Group counselling
- Couple and family counselling
- Clinical workshop
- Supervision and consultation to professionals

How to obtain our services?

- Referral from GPs (i.e. with or without a mental health care plan)
- Referral from other sources
- Self-referral

How do we charge?

- Bulk billing for people who are eligible for the mental health care plan;
- \$50 per session for people who don't have a mental health care plan;
- A concession fee is set for people with financial hardship.

Who are we?

CHH staff and facilitators are experienced and caring professionals who have training in clinical psychology, counseling and clinical social work. We are committed to provide high quality counselling services for our clients.

How to contact us?

Main office : Whitehorse Community Resource Centre,
Level 1, 79 Mahoneys Road, Forest Hill 3131

Postal address: PO Box 206, Forest Hill 3131

Phone: 03 8806 7532 / 0401 718 043

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Donations \$2 or more to Centre for Holistic Health are tax deductible in Australia.

