

Central West Women's Health Centre

Overview of the Generalist Counselling service



The Central West Women's Health Centre provides counselling for women and children. There are two types of counselling services offered. There is a Generalist Counsellor who sees women and girls from the age of 12 years and upwards. The Central West Women's Health Centre also has a Child Sexual Assault Counsellor. She sees children and adolescents up to 18 years of age, who have experienced, or are at risk of experiencing, sexual assault.

How can counselling help?

Sometimes we find ourselves in situations that are difficult to understand. It might be the circumstances of our lives, the way we think about things, or it might be certain feelings that are bothering us. For many people our experiences and our relationships sometimes become difficult to manage.

Seeing a counsellor can help you understand what is happening. Talking about your situation with someone who is not in your circle of family or friends can help you to see things a more clearly. The benefits of talking to someone who is not going to pass judgement are huge. People benefit from counselling because they are talking to someone who is caring and professional in an environment that is completely safe and totally confidential.

It takes courage to be who we are, and it also takes courage to make changes to our lives, or to change the way we see things. Seeing a counsellor means that you don't have to try and manage things all alone. Seeing a counsellor is not a sign of weakness. It takes a lot of courage to talk to someone you don't know about private issues.

What sort of issues can I work through at the Centre?

Listed below are just some of the reasons women come to see the counsellor at the Women's Health Centre.

Anxiety

Domestic violence

Depression

Post-natal depression

Assertiveness

Self-esteem

Adolescent issues

Childhood abuse

Parenting strategies

Social skills

Stress and methods of coping

Communicating effectively

Relaxation techniques

Anger management

Traumatic reactions to major or minor experiences

Dealing with issues from the present or the past

How do I make a counselling appointment?

You can call the Central Western Women's Health Centre to make an appointment.

Is there a cost for the service?

Your first visit to see the counsellor, or intake worker, is free. After this there is a fee of \$20.00 per consultation. Each consultation lasts for 1 hour.

If you are a student, or on benefits or a pension, then the cost is \$5.00.

If you are unable to afford to pay for counselling then the service is free. No women will ever be turned away because she cannot afford to pay. Please let the counsellor know if you cannot afford to pay.

How long will I have to wait for an appointment?

At the Central West Women's Health Centre we have an intake system for the generalist counsellor. This means you will be able to get in to see one of the workers within a two week period. After this initial appointment, waiting periods can vary between 2 weeks and 6 weeks.

The phone number for the Women's Health Centre is

(02) 6331 4133.

