

If you have a lot on your mind, talking it over can help. Our professional counsellors understand the difficulties carers face.

[See more](https://www.carersvictoria.org.au/resources/counselling) [See less](https://www.carersvictoria.org.au/resources/counselling)

**About Counselling**

Caring can be a rewarding and at times a challenging role. Carers manage many different thoughts and feelings. Dealing with these is not always easy. Talking it over with others can help.

Carer group counselling provides support, information and resources in a safe and confidential setting.

Sharing experiences and hearing from others in a caring role can create opportunities for new ideas and connections. It can help to validate individual experiences, reduce isolation and enhance peer support.

Group counselling also provides an opportunity to gain deeper insight into personal experiences. It can help improve carer health and wellbeing.

Talking to a counsellor doesn't mean failure, not coping or feeling inadequate. It's about looking after yourself.

**Cost**

To continue to provide this important service for all carers, an income-based nominal co-contribution is requested for each counselling session. The amount is kept low to ensure accessibility for all and if you are facing financial hardship, can be discussed with your Advisor to be lowered or waived.

The recommended co-contribution is a sliding scale based on the individual’s income. The Advisor will discuss this with you and ask what best describes your current situation:

* Healthcare card holders: $0.00
* Individuals with an income of $25k-50k: $10.00
* Individuals with an income 50k-75k: $20
* Individuals with an income 75k-100k: $40
* Individuals with an income above $100k: $50

**Counselling Referral**

GPs, case managers or support workers can refer a client

We provide short term counselling to caring families throughout Victoria. You can refer a client who might benefit from talking through ways of managing their caring role better.

People are eligible to use our service if they provide care and support to a family member or friend who is frail and elderly, has dementia, a mental illness, a disability, chronic illness or complex needs, or receives palliative care. We can also provide counselling if a client has recently stopped providing care.

We can provide short-term counselling (up to six sessions) that will mainly focus on issues related to the caring role. Carers can come back after a break or if there is something new that they need to deal with.

Our counsellors work across metropolitan and rural regions of Victoria. Counsellors that speak languages other than English are available in some areas.

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