

Relationships Australia is a leading provider of relationship support and EAP services for individuals, couples and families throughout Australia. Our services are for all members of the community regardless of religious belief, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.

At Relationships Australia we believe that everyone is entitled to positive, supportive and healthy relationships, whether these relationships are in our personal lives or at work. Our journey through life is not always straight forward, navigating relationships and work environments can be tough. We are passionate about delivering positive outcomes for any issue impacting on you or your relationships in all domains of your life, including partners, parents, siblings, friends, work colleagues or children.



Contact Us

Phone: 1300 364 277

Email: enquiries@racr.relationships.org.au

Website: www.racr.relationships.org.au



Counselling Services



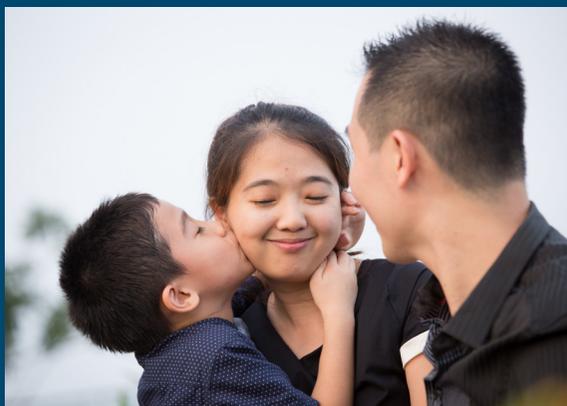
Relationships Australia offers a wide range of counselling services for individuals, couples and families to help you build stronger relationships.

Relationships

Relationships impact on our wellbeing and happiness. When our personal relationships are not working well, our ability to cope with other areas of our life is often affected. Many relationship difficulties can be managed and supported with the right kind of help. Relationship counselling offers opportunities for individuals, couples and families, including children, to improve and strengthen their relationships.

How can counselling help me?

Counselling can help you make decisions about your relationship and respond to the issues that concern you. At times relationships can be hard work and we might need some support, in particular during times of transition where adjustments are needed whether this is a new relationship; the move to parenthood; dealing with changes in our jobs or living locations; separation; or retirement.



What happens when I see a counsellor?

Counselling involves sitting and talking with a counsellor about any relationship difficulties you are experiencing.

We will work in partnership with you, asking questions to understand you and your relationship and helping you find ways to manage your situation more effectively. We will support you to gain a sense of control and direction so you may develop and explore options for change.

Our counsellors will not make judgements about who is right or wrong, they won't tell you what to do or what decisions to make; they will guide you through a discussion of your feelings, experiences and your options.

Our staff

We have a team of experienced staff with qualifications in Social Work, Psychology and Counselling, who are skilled in a range of therapeutic approaches.

Confidentiality

All information provided to us is confidential. Confidentiality will only be waived when matters of a serious or criminal nature arise.

Fees

Our fees vary according to your income. Special arrangements can be negotiated for people on low incomes or with special requirements.

When you call us to make your first appointment, our Family Advisors will go through a short assessment process that will refer you to a counsellor that will suit your needs.



To make an appointment, find out more about counselling, or other services please contact Relationships Australia on
1300 364 277.