

# Counselling Services

Abound – Christian Counselling  [abound.org.au](http://abound.org.au)

**Location:** Online (Phone, Video) & some in person

**Referral:** No referral needed

Zebra Psychology  [zebrapsychology.com](http://zebrapsychology.com)

**Location:** Sydney City – Online & In Person

**Referral:** GP referral required (Mental Health Care Plan)

Merrylands Counselling  [merrylandscounselling.com.au](http://merrylandscounselling.com.au)

**Location:** Merrylands – In Person

**Referral:** GP referral required (Mental Health Care Plan)

Kylie Lepri Counselling & Psychotherapy  [kylielepri.com.au](http://kylielepri.com.au)

**Location:** Bella Vista – In Person

**Referral:** No referral needed

The Cottage – Christian Counselling  [cottagecounselling.org.au](http://cottagecounselling.org.au)

**Location:** Parramatta – In Person

**Referral:** No referral needed

The Talbot Centre  [thetalbotcentre.com.au](http://thetalbotcentre.com.au)

**Location:** Bella Vista – In Person & Online (TBC)

**Referral:** GP referral required (Mental Health Care Plan)

## Helpful Websites & Support Lines

- **Lifeline** – 24/7 crisis support & suicide prevention. ☎ 13 11 14
- **1800RESPECT** – Support for people impacted by sexual assault, domestic & family violence. ☎ 1800 737 732
- **Black Dog Institute** – Expertise in depression & bipolar disorder. [Website](#)
- **Beyond Blue** – Awareness, resources, and support for depression & anxiety. ☎ 1300 22 4636
- **Youth Beyond Blue** – Support for people under 25 experiencing depression. [Website](#)
- **Carers NSW** – Support for carers of people with illness or disability. [Website](#)
- **No More Panic** – Resources for panic, anxiety, phobias, OCD. [Website](#)
- **Rape Crisis NSW** – 24/7 phone & online counselling. ☎ 1800 424 017
- **R U OK?** – Suicide prevention through open conversations. [Website](#)
- **ReachOut** – Support, stories, videos, and forums for young people. [Website](#)
- **ASCA (Adults Surviving Child Abuse)** – Support & workshops for survivors. ☎ 1300 657 380
- **Alcoholics Anonymous (AA)** – Recovery support. 24hr Hotline ☎ 1300 227 936
- **SANE Australia** – Support for people affected by mental illness. Helpline ☎ 1800 187 263
- **Kids Helpline** – Free confidential counselling for young people. ☎ 1800 55 1800
- **Prepare-Enrich Australia** – Marriage preparation & relationship resources. [Website](#)