

COUNSELLING PROGRAM

The counselling program is run by the Aboriginal Health Service, to help people with problems of all kinds. The service is free and confidential. Call us on 1800 132 260.

Aboriginal Health Service
(Tasmanian Aboriginal Centre)

56 Patrick Street Hobart
Tasmania 7000
Ph: 03 62 34 0777
Fax: 03 62 34 0770
Email: hobart@tacinc.com.au

182 Charles Street Launceston
Tasmania 7250
Ph: 03 6332 3800
Fax 03 6332 3899
Email: launceston@tacinc.com.au

53 Alexander Street Burnie
Tasmania 7320
Ph: 03 6431 3289
Fax 03 6431 8363
Email: burnie@tacinc.com.au

Statewide Freecall 1800 132 260



Counselling Program



NOT FEELING ON TOP OF IT?

Worried about someone else?
Relationship could be better?
Need someone to listen to you?



It's your Aboriginal Health Service. Better health and wellbeing for the Aboriginal community in Tasmania.

How can a counsellor help?

As well as being qualified in counselling, your counsellor has a good understanding of the Aboriginal community, and knows what is appropriate for its members. He or she will understand the problem, whatever it is, and help you look at it in a new way.

Someone To Talk To

Sometimes just having someone to talk to is all you need. You wouldn't be the first person who figured out how to deal with a problem, just by hearing yourself talk about it to someone else!

Other times, it goes deeper than that. You may need to know what your options are and to talk to some-one about how these will affect your life. Our counsellors can provide this.

And if they think you need some other kind of help, they can guide you to it. It might be another program or activity run by the Aboriginal Health Service, or it might be a specialised service that is outside what we offer. Whatever options a counsellor may suggest, they will make sure it is something that suits you.

All Kinds Of Problems

Families, relationships, kids, parents, drugs, drink, gambling, depression – any of them can cause problems that seem too hard to deal with. Problems such as anger, family violence, sexual abuse, grief, bullying at school or work... these are all more common than you would think.

Our counsellors will sit down with you – in the office, at home or on neutral ground – and work out some ways to cope. If there is someone you can't talk to, the counsellor can mediate between you. If there is something you can't talk about, the counsellor will help you to do it.

And All Different People

We don't just work with individuals. We can also give counselling in groups, to couples, kids, parents and carers; we do prison visits, home visits and can meet you in the park. And we can also arrange for you to see a counsellor that doesn't work at the TAC if you want.

Nobody Will Know

Our counselling service is free and confidential. If you have never talked to a counsellor before, give it a go — it might just change your life!