

## Other Counselling Services

### **Relationships Australia 02 6281 3600 or 02 6282 4300**

RA is a community-based, non-profit organisation that has no religious affiliation that provides Family and Child Counselling and Mediation services. In 2003, RA was funded to offer FREE personal support to country people who were affected by the drought in Cooma, Gunning, Yass, Goulburn, Yarrowlunla and Wagga. Although the funding has run out, RA is still able to respond to requests for counselling until June 2004. Anyone in these areas who is finding life tough because of the drought can use this service. Relationships Australia workers can come to your local town or can provide support via the telephone. Charlotte Henderson is co-ordinating the services in the Cooma-Monaro area.

### **Centacare Canberra-Goulburn 02 6239 7700 or 6162 6100**

Centacare was funded in 2003 to respond to the need for counselling and group programs for drought affected families and communities in the following areas: Bega Valley, Bombala, Boorowa, Crookwell, Eurobodalla, Harden, Tallaganda, West Wyalong. Although the funding has run out, Centacare is able to respond to requests for counselling until June 2004. Individual counselling is offered at Bega, Moruya, Canberra and West Wyalong. Contact Bega: 02 6492 4203; Moruya: 02 4474 4158; West Wyalong: 02 6972 3218.

### **Division of General Practice**

The SE NSW Division of General Practice employs psychologists/counsellors in a number of rural areas. If your GP is located in Delegate or Bombala, then you may be able to access a FREE counselling service from your GP surgery. Referrals to this service are made solely by your GP.

### **Anglicare 02 6230 5113**

Anglicare provides pastoral and practical support in parishes hardest hit by drought and/or bushfires. They also provide information and referrals to appropriate support agencies. Help with household bills etc can be provided in cases of extreme hardship.

Cooma/Monaro	Rev Kevin Stone	02 6452 1544
Snowy River	Rev Anne Dudzinski	02 6456 3207
Bombala	Rev Peter Llewellyn	02 6458 3018

### **Salvation Army Chaplain (S NSW)**

The Rural chaplains visit farms and rural towns. Counselling, referral and limited household financial assistance in emergency situations.  
Contact: Bill Sweeting 0428 489 894

### **Centrelink**

Social Workers and Psychologists are available on their Drought Assistance Line. **13 23 16**

### **Lifeline 13 1114**

Lifeline is a 24 hour crisis telephone counselling service open to people of the ACT and surrounding region of Southern NSW, down to Victorian border. Lifeline phone counsellors are people of all ages and backgrounds who are trained to provide counselling to callers in crisis.

### **TAFE**

TAFE Counsellors provide personal, vocational and educational counselling to students. This confidential service is free to any TAFE student. Members of the community who are not students are able to access course and training advice free of charge, but not the other aspects of the service. TAFE counsellors are professionally trained in psychology.

<b>Campus</b>	<b>Service</b>	<b>Counsellor</b>	<b>Phone</b>
Cooma	Monday & Tuesday	Gayle Salt	6452 0799