

Palliative Care Service, Children's Hospital at Westmead

Database of Counselling Services (NSW) for Children and Families

This database endeavours to provide a reference for health care professionals and the families in their care, in sourcing quality counselling services for children and families, in their local area.
It has been developed with the cooperation of the service providers listed.

The Bereavement Support Team at Bear Cottage would like to thank those involved and request that amendments and / or potential additions to the database be emailed to Catherine Camden, catherc5@chw.edu.au

Thankyou

Service Key

BC = Bereavement Counselling
CAN = Counselling people with Cancer
EDU = Education
FS = Family Support
FUN = Funeral Support
GEN = General Counselling
GRC = Grief Resource Centre
GRIEF = Grief Counselling
MAT = Maternal Grief Counselling
PCC = Palliative Care Counselling
PD = Pre-Death Counselling
PSYCH = Psychiatry
REL = Relationship Counselling
SIDS = Counselling for people who have lost a child to SIDS

Sydney Region

| Service | Location | Phone | Contact/Email | Referral Details | Adults / Children / Families | Cost | Qualifications | Professional Assoc | Group Sessions | Other services |
|-------------------------|--|--------------------------------|--|---|--|------------------|-----------------------------------|--------------------|--|-----------------------|
| BC | Calvary Hospital PO Box 261 Kogarah 2217 | 9553 3025 | Patricia Davis Susan Chamie Claudia Bretschneider Simone Connell Chamies@sesahs.nsw.gov.au | Professional Self Referral Must live in area | Adults | No Cost | Varies between Counsellors | Varies | Workshops for health professionals | Rainbows |
| BC CAN GEN REL | Balgowlah Counselling Centre Suite 2/112 Condamine St Balgowlah 2093 | 9948 0140 | Amanda Tobias Sue O'Flaherty Christine Chinchen a.tobias@bigpond.net.au | Self referral | Adults Children Families | \$90 to \$105 | Psychologist*/RN Counsellors | APS | Yes | |
| BC EDU | Sacred Heart Hospice, 140 Burton Street, Sydney 2000 | 8382 9594 Fax: 9360 2655 | Patricia Austin Michael Dash Jenny Small Paustin@stvincents.com.au | Self Referral, Doctors, SE Sydney Health | Adults only (Waiting list) | No Cost | Psychologists | Psychological | Yes Usually S / E area | |
| GEN | Liverpool Comm Health Centre PO Box 3084 Liverpool 1871 | 9828 4844 | Intake/Reception Felix Adrigan (personal email) | Self Referral | Individual Adults, Children and Families (Waiting list) | No Cost | Psychologists | | Yes – Conflict resolution | |
| BC | Concord Hospital Palliative Care Dept, Bldg 47 Concord 2137 | 9767 5656 Fax: 9828 4800 | Erla Marx Erla@email.cs.nsw.gov.au | Prefer Self Referral or Cent Sydney Health | Adults, Children and Families | No Cost | Qualified Social Worker | AASW | Yes Staff & parents | |
| BC & FS CAN GEN | Sydney Children's Hospital, Oncology Dept, Randwick 2031 | 9382 1726 | Kerry Nair Nairk@sesahs.nsw.gov.au | Most from Oncology Ward | Children but more with Adults | No Cost | Counsellor | ACA NSW Psych | Monthly group for bereaved parents | National directory |
| PSYCH | Park House 1st Fl, 13 Elizabeth St, Liverpool 2170 | 9827 8011 Fax: 9827 8010 | Alana Douglas Alana.douglas@swsahs.nsw.gov.au | Yes, Liverpool or Fairfield Comm Health | Adults, Children and Families | No Cost | Psychologists & Social Workers | AASW APS | No | |

Sydney Region

| Service | Location | Phone | Contact/Email | Referral Details | Adults / Children / Families | Cost | Qualifications | Professional Assoc | Group Sessions | Other services |
|---------------------------|--|--|---|---|---|---|--|----------------------------------|---|---|
| BC PCC | Prairiewood Community Health Centre Cnr Polding St & Prairie Vale Rd Prairiewood 2176 | 9616 8169 Fax: 9616 8171 | Anita Lee-Yuen Anita.lee-yuen@swsahs.nsw.gov.au | Self Referral through intake by FCCS Residents of Fairfield | Adults, Children and Families | No Cost | Psychologist | APS, Clin C BPS, Clin ADEC | No | Individual/ group staff training in BC, 3mths block |
| GEN | Fairfield Community Counselling Service (FCCS) | 9794 1700 intake hours Monday- Friday 1:00 - 4:30 pm | Intake officer Gladiss Warda (personal email) | As above | | | Psychologists & Social Workers. Spanish,Chinese ,Vietnamese bilingual counsellors | APS, AASW | Triple P prog for parents & social skills group for kids Group prog for DV victims & children | Generalist counselling issues. Emotional & behavioral issues in children |
| BC | Braeside Hospital Locked Bag 82 Wetherill Park 1851 | 9616 8678 Fax: 9316 8657 | Stefan Durlach Stefan.durlach@swsahs.nsw.gov.au | Self referral for S/W Sydney area | Adults, Children and Families | No Cost | Registered Psychologist Psychotherapist | APS BPS (UK) | | |
| BC EDU GRIEF MAT | SIDS and KIDS NSW PO Box 431 Camperdown 1450 | 98188400 Fax: 98184555 | Ros Richardson Rosrichardson@sidsandkids.org | Self referral & Professional | Parents & Families who experience the death of their child during pregnancy, birth, or infancy (up to 6 yo) | No Cost | Social Workers Counsellors trained bereaved parent support | AASW PACFA | In-service training Support groups Sydney & NSW | Home visits Communit y ed. |
| BC & EDU | Sydney Adventist Hospital, 185 Fox Valley Road, Wahroonga 2076 | 9487 9061 9487 9062 Fax: 9487 9065 | Margaret Adams Margareta@sah.org.au | Self Referral | Mainly Adults but see Children and Families as well | No Cost They Accept Donations | Social worker & counsellors | AASW | Yes | Free Library for videos and books |
| BC | National Centre for Childhood Grief 14 Hollis Ave Eastwood 2122 | 1300 654 556 | Mal & Di McKissock help@childhoodgrief.org.au www.childhoodgrief.org.au | Self Referral | Children 3 - 18and Families | \$110 adults, Kids free | Psychologists, social workers, trained volunteers | APS, AASW | Yes | Training for profession als, books, & videos See website |
| BC | Bereavement Care Centre | 1300 654 556 | Info@bereavementcare.com.au www.bereavementcare.com.au | Self referral | Adults | \$110 per 2 hours | Psychologists, social workers, trained volunteers | APS, AASW | On demand | See website |

Sydney Region

| Service | Location | Phone | Contact/Email | Referral Details | Adults / Children / Families | Cost | Qualifications | Professional Assoc | Group Sessions | Other services |
|--|--|--------------------------------|---|---|--|---|--|------------------------------|--|---|
| EDU | The Compassionate Friends | 9290 2355 Fax: 9290 2445 | Mary Carroll Tcf@bigpond.com.au | Self Referral | | | Volunteers – Run by bereaved parents / siblings | | Conferences | |
| BC, FS PCC EDU | 61 Victoria Street Waverley 2024 | 9369 3731 Fax: 9369 3731 | Margaret French No email | Self Referral, Agency or Doctor | Adults, Children and Families | \$90 per hour | SW background, SCH, oncology | ASW, NALAG Comp Friends | College nursing ASW, Community ED | |
| CAN GEN | Life Force Foundation East, North & Inner West | 9960 4784 | Jane Lforce@netspace.net.au | Self Referral | Mainly adults but will see children On request | Sliding scale Subsidy \$50 low income | All accredited Certificate 2 yrs 3yrs dip or 4 yrs advanced | N/A | Workshops talking about cancer – | |
| BC | AMHSCA/Club SPERANZA 162 Ben Boyd Road, Neutral Bay 2089 | 9908 1233 Fax: 9908 1244 | Carol Jefferson Tony Humphrey Speranza@bigpond.com | Self Referral Telephone support, will refer on to a trained counsellor as necessary | All ages | No Cost | Carol RN Tony an excellent listener | Mental Health Association | No | |
| BC | 1/1A Little Commodore Street, Newtown 2042 | 9516 1609 0403 819919 | Catherine Taylor Catherineekot@aol.com | Self Referral or Bear Cottage | Negotiable, Adults and Adolescents | \$80/ 2 hours if able to pay or free | Trained by Mal McKissock 3 yr program | N/A | On request by negotiation | |
| GEN | 147 Bellevue Road Bellevue Hill , 2023 & 31 Longford Road Roseville, 2069 | 9416 7119 Fax: 9415 2387 | Suzie Danos Susiedanos@hotmail.com | Self Referral or Bear Cottage | Adults, Children and Families | \$100 Claim Health funds | Registered Psychologist | NALAG AAMFC APS | On request | |
| BC GRIEF | CHESSSED Fischl House 4A Nelson St Woolhara 2025 | 9302 8016 9302 8000 | Suzie Danos s.danos@jewishcare.com.au www.jewishcare.com.au | Self and outside | Adults,children, & families | No cost | Trained CHESSSED support | | No | Bereavement support & volunteer program |
| BC CAN EDU GEN GRIEF MAT REL | 60 Murphy St Blaxland 2774 242a Oxford St Paddington 2021 | 4739 9658 9990 0772 | Stefan Durlach Sdurlach@bigpond.com | Self | Adults only Individuals and couples | \$120 /hour negotia ble | Registered Psychologist Registered Psychotherapist | APS BPS (UK) | On request | Generalist counselling & psychothera py |

| Service | Location | Phone | Contact/Email | Referral Details | Adults / Children / Families | Cost | Qualifications | Professional Assoc | Group Sessions | Other services |
|---------------------------|---|---|--|--------------------------------------|--|-----------------------------------|---|--------------------------------------|---------------------------------------|--|
| BC | Salvation Army | 9419 8695 | Dr David Collison Diana Sands Theresa Sheridan chatswood_corps@ae.salvationarmy.org | Self Referral | Adults Children Groups & Kids | No Cost | | | | |
| GEN | Friends of the Shepherd, L1/310 Forest Rd, Hurstville, 2220 | 9585 1412 fax 9585 1413 | Nady Radic (personal email) | Self Referral | Adults and Families | \$90 – Claim Health fund | Masters – Honours Psychologist & counsellor | Aust. Psych. Society | No | Christian. prayer can be included in sessions if requested |
| GEN BC GRIEF REL | Alpine Counselling Services L1/310 Forest Rd Hurstville 2220 | 9585 1412 | Alpinecs@alwaysonline.net.au Joy Watkinson Admin | Self referral | Treatment of emotional issues that contribute to illness | \$50 to \$95 | Counsellors, Child Psychologist., Psychotherapist | PACFA Christian Counsellors Assoc | No | |
| GEN | Hillview Community Centre & Hornsby Hospital – Child and Adol Mental Health | 94779143 | Intake Officer Danielle Porter Dporter@doh.health.nsw.gov.au | Self Referral only from Hornsby area | Children/Families *see adolescents in crisis | No | Psychologist and Specialist S/W | Various ASW | Depends | PPP parenting programs |
| GEN | Anglicare 56 Bland Street, Ashfield 2131 161 Derby St, Penrith 2751 152 Keira Street, Wollongong, 2500 | 9799 9311 4731 6467 4228-9612 | Intake Officer Ashfield@anglicare.org.au Penrith@anglicare.org.au Acwollongong@anglicare.org.au | Self Referral | Adults | Sliding Scale \$25 - \$100 p/hour | All female Christian uni graduates – min 2 years experience | Various | Anglicare Education Heather 9895 8054 | |
| GEN BC | Centacare Campbelltown 35a Cordeaux St Campbelltown 2560 | 4227 1122 4628 0044 | Intake worker frontline@centacare.woll.catholic.org.au | Self referral | Adults | Sliding scale | Social workers/ bereavement specialist | Varies | Education team | |
| GEN | Centacare Narra been/ Hornsby/Gosford | 9913-3888 | Intake Officer Ljeffs@brokenbay.catholic.org.au | Self Referral | Families | Sliding Scale | Professionally trained & accredited | Various | | |
| GEN | Lifeline Harbour to Hornsby | 9498 8805 | Intake Officer hk_counselling@bigpond.com | Self Referral | Adults | \$20/ \$10 | Trained Counsellors and Psychotherapists | CAPA | No | |

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|-----------|---------------------------|-----------|--|---------------|-----------------|------------------------|---|---------|----|--|
| GEN | Lifeline Sydney | 9951 5577 | Intake Officer Lifelinesyd.roster@wesleymission.org.au | Self Referral | Adults | Sliding scale | Trained counsellors | PACFA | No | |
| GEN GRIEF | Lifeline Northern Beaches | 9949 5522 | Intake Officer Lifeline@justnet.com.au | Self Referral | Adults/Families | \$20 / \$10 if welfare | Psychologists/ Intern Psychol Counsellors | Variety | No | |

Central Coast

| Service | Location | Phone | Contact/Email | Referral Details | Adults / Children / Families | Cost | Qualifications | Professional Assoc | Group Sessions | Other services |
|---------|---|-----------------------------|--|--------------------------------------|------------------------------|---------|--|--------------------|----------------|---|
| BC PD | Central Coast Health Area Palliative Care Service PO Box 88 Long Jetty 2261 | 4336 7777 Fax: 4336 7773 | Linde Davis Murray Davis Irene Green Gdavis@doh.health.nsw.gov.au | Self Referral or G.P., Social Worker | Adults, Children, Families | No Cost | 3 on team 2 have Masters in counselling | | Yes | Covers a lot of Central Coast. Home Visits |

Hunter Valley Region

| Service | Location | Phone | Contact/Email | Referral Details | Adults / Children / Families | Cost | Qualifications | Professional Assoc | Group Sessions | Other services |
|-----------------|---|---|--|------------------|-------------------------------|---------|--------------------|--------------------|--|--------------------|
| EDU | NALAG Hunter c/- PO Box JESMOND 2299 | 4971 2217 4348 4054 | Bethne.hart@newcastle.edu.au | | Adults | No cost | Trained volunteers | | Yes. See website www.nalag.org.au | |
| Support CAN PCC | Carelink District Hospital PO Box 359 Muswellbrook 2333 | 6542 2041 6542 2050 0409 831839 Fax: 6542 2005 | (No Email) Julia Freeman | Self Referral | Adults, Children and Families | No Cost | Trained volunteers | | Monthly meetings | Library facilities |

New England District

| Service | Location | Phone | Contact/Email | Referral Details | Adults / Children / Families | Cost | Qualifications | Professional Assoc | Group Sessions | Other services |
|-----------|---|----------------------------------|--|--|-------------------------------|---------|---|--------------------|----------------|------------------------------|
| BC | NALAG Gunnedah PO Box 280 GUNNEDAH 2380 | 6742 3052 | wasel@ceinter.net.com.au | Professional or Self | Adults | No cost | Trained volunteers | | | |
| GRIEF MAT | New England Health Moree 2400 | 0429 300930 Fax: 6752 4024 | Wendy Long Wlong@doh.nsw.gov.au | Self Referral for loss of infant up to 3 yrs age | Adults, Children and Families | No Cost | RN, CNS Palliative care, Dip in Counsel | | By request | Anglican counselling Service |

Northern New South Wales

| Service | Location | Phone | Contact/Email | Referral Details | Adults / Children / Families | Cost | Qualifications | Professional Assoc | Group Sessions | Other services |
|--------------|---|------------------|--|------------------|-------------------------------|-----------------------------|---|--------------------|------------------------------------|----------------------------|
| GRIEF, FUN | Dorrigo Hospital 65 Mytle Street Dorrigo 2453 | 6657 2648 | Leah Munro (No email) | | | No Cost Accept Donations | | | | Books available to buy |
| GRIEF, FUN | Bellingen Hospital Bellingen 2454 | 6655 2334 | Catherine Campbell (No email) | Self Referral | Adults, Children and Families | No Cost Accept Donations | | | Support group last week each month | Library Monthly newsletter |
| PCC GRIEF BC | Coffs Harbour Area | 6656 7674 | Megan Fifiel Mfifiel@mncahs.health.nsw.gov.au | Self referral | Adults, Children and Families | No cost | Counsellor palliative care | AASW | No | Outreach |
| GRC | NALAG NSW Inc PO Box 2083 Coffs Harbour 2450 | 66513211 | Ann Rayner Cvscoffs@bigpond.com | Self Referral | Adults, Children and Families | No Cost | | | | |
| GEN BC | Port Macquarie Area | Awaiting details | Mary Ferrett (No email) | | | | Psychologist | | | |
| BC | Taree Community Health Centre Forster, Gloucester, Hawks Nest, Taree | 6592 9661 | Judith Conning Jconning@mncahs.health.nsw.gov.au | | | | Social Worker Bereavement Counsellor | | | |

Southern Districts

| Service | Location | Phone | Contact/Email | Referral Details | Adults / Children / Families | Cost | Qualifications | Professional Assoc | Group Sessions | Other services |
|---------|--|-----------------------------|---|------------------|-------------------------------|-----------------------------|--|--------------------|---|---|
| BC | Southern Highlands Bereavement Care Service, The old Cottage Hospital Bowral Hospital 2576 | 4862 1701 Fax: 4862 1701 | Karen Mundell Denise Markovics Shbcs@hinet.net.au | Self Referral | Adults, Children and Families | \$20 - \$75 negotiable | Clinical counselling Psychologist | Yes | Yes | Co-ordinate groups ie/ widows. Community Library |
| GEN BC | Centacare 25 – 27 Auburn St Wollongong 2500 | 4227 1122 | Intake worker frontline@centacare.woll.catholic.org.au | Self Referral | Adults | Sliding Scale | Psychologists/ Social workers/ Counsellors | Varies | Education team | |
| GEN | Anglicare 152 Keira Street Wollongong 2500 | 42289612 | Acwollongong@anglicare.org.au | Self Referral | Adults, Children and Families | Sliding \$20 - \$100 p/hour | All female Christian uni grads – min 2 years exp. | | Anglicare Education Heather 9895 8054 | |

ACT

| Service | Location | Phone | Contact/Email | Referral Details | Adults / Children / Families | Cost | Qualifications | Professional Assoc | Group Sessions | Other services |
|---------|--|-----------------------------|---------------|-------------------------------|-------------------------------|--------------------|--|--------------------|----------------|----------------|
| BC | Clare Holland House (Hospice) Menindee Drive / PO Box 175, Barton ACT 2600 | 6273 0336 Fax: 6273 0338 | No email | Self Referral or Bear Cottage | Adults, Children and Families | No Cost at present | 2 Qualified Bereavement Counsellors Social Worker | | | |

New South Wales – West

| Service | Location | Phone | Contact/Email | Referral Details | Adults / Children / Families | Cost | Qualifications | Professional Assoc | Group Sessions | Other services |
|---------|---|-----------------------------|--|----------------------|------------------------------|----------|--------------------|--------------------|--------------------|------------------|
| EDU | NALAG Bourke PO Box 704 BOURKE 2840 | To be confirmed | Walker_marnie@hotmail.com | Professional or Self | Adults | No cost | Trained volunteers | | | |
| BC | NALAG Coonabarabran c/- 28 George St COONABARABRAN 2395 | 6844 1543 | No email | Professional or Self | Adults | No cost | Trained volunteers | | | |
| BC EDU | NALAG PO Box 379 Dubbo 2830 | 6882 9222 Fax: 6884 9100 | Nalag@hwy.com.au Trudy Hanson | Professional or Self | All | Non cost | Trained volunteers | | Seasons for Growth | Good Grief Camps |

Telephone Support Lines

| Service | Location | Phone | Contact/Email | Referral Details | Adults / Children / Families | Cost | Qualifications | Professional Assoc | Group Sessions | Other services |
|--------------------|---|------------------------------|---------------------------------|--|--|---------------|---|--------------------|----------------|---|
| GEN, GRIEF | Grief Support 24 hours | 9489 6644 | Over the phone No email | Self Referral | Mostly adults but also children | Phone Call | Trained Volunteers | | No | |
| GEN, GRIEF | Kids Help Line 24 hours | 1800 55 1800 | Over the phone Private email | Self Referral | 5-18 Year Olds * completely confidential | Toll free | Trained Counsellors | Varies | No | Web counselling Mon-Fri, 3-9pm www.kidshe lp.com.au |
| GEN, GRIEF | Lifeline 24 hours | 131114 | Over the phone No email | Self Referral | Mostly adults but also children | Phone Call | Trained Volunteers | | | |
| GRIEF BC MAT | SIDS & KIDS 24 SUPPORT | 1800 651186 | Over the phone | Self referral or health professional | Adults & families | Toll free | Trained parent support a/hours Professional business hours | | No | See SIDS entry |
| GEN | Centacare Parent Line (9am – 4.30pm) | 13 20 55 fax 8968 1117 | Over the phone No email | Self Referral | Parents of children 0 – 18 | Phone Call | Trained Counsellors | Varies | No | |

Miscellaneous

| Service | Location | Phone | Contact/Email | Referral Details | Adults / Children / Families | Cost | Qualifications | Professional Assoc | Group Sessions | Other services |
|---------|--|----------------|--|------------------|------------------------------|------|----------------|--------------------|----------------|---|
| | Homicide Victims Support Group Level 15 189 Kent St, Sydney 2000 | 02 82748900 | Jackie Hvsg@bigpond.com.au | | | | | | | Counselling to families & friends of victims |