

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 Julie Greathouse on julieg1@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	Michael Dash Bicky MacIntyre Susan Chamie Simone Connell Simone.Connell@sesiahs.health.nsw.gov.au	Professional Self Referral Must live in area	Adults	No Cost	Varies between Counsellors	Varies	Education & Training in the area of grief and bereavement.	
BC CAN GEN REL	Balgowlah Counselling Centre Suite 2/112 Condamine St Balgowlah 2093	9948 0140	Amanda Tobias Sue O'Flaherty Christine Chinchin 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 Catherine Wilson Paustin@stvincents.com.au	Self Referral, Doctors, SE Sydney Health	Adults only (Waiting list)	No Cost	Psychologists	Psychological		
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 0411023633	Vera Russell vera.russell@sesiahs.health.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	Children up to 12 years, Adolescents and Families	No Cost	Psychologists	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	Intake Officer Centre Intake 1-5pm 97941700	Self Referral through intake by FCCS Residents of Fairfield Assisted Referrals	Adults, Children over 12 years and Families	No Cost	Psychologist	APS, Clin C BPS, Clin ADEC	No	
GEN	Fairfield Community Counselling Service (FCCS)	9794 1700 intake hours Monday- Friday 1:00 - 4:30 pm	Intake Officer	As above			Psychologists & Social Workers. Spanish, Chinese , Vietnamese bilingual counsellors	APS, AASW	Various Issues	Generalist counselling issues. Emotional & behavioural issues in children
BC	Braeside Hospital 340 Prairievale Rd Prairiewood NSW Locked Bag 82 Wetherill Park 1851	9616 8678 Fax: 9616 8657	Stefan Durlach stefan.durlach@swahs.nsw.gov.au	Self referral for S/W Sydney area	Adults, Children and Families	No Cost	Registered Psychologist Psychotherapist	APS BPS (UK)	No	Education for Profession als
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 PO Box 835 Wyong NSW	1300 654 556	Mal & Di McKissock Mal@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	Mal@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	
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 Self referral	\$80/ 2 hours if able to pay or free	Trained by Mal McKissock 3 yr program	N/A	On request by negotiation	
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	242a Oxford St Paddington 2021	9990 0772	Stefan Durlach sdurlach@bigpond.net.au	Self & GP/Psychiatrist referrals	Adults only Individuals and couples	\$150 n negotia ble if in financi al hardshi p	Registered Psychologist Registered Psychotherapist	APS BPS (UKCP)		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	Diana Sands 0414 721 653 dianasands@bereavedbysuicide.com.au	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	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 Brookvale NSW	8968 5100	Intake Officer Renate Jaeger Brookvale.reception@brokenbay.org.au	Self Referral	Adults & Families	Sliding Scale on gross income	Professionally trained & accredited	Various		
GEN	Lifeline Harbour to Hornsby	9498 8805	Intake Officer appointments@lifeline.H2H.com	Self Referral	Adults	\$20/ \$10	Multi disciplinary teams	CAPA	No	

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 310 Sydney Road Balgowlah NSW	9949 5522	Intake Officer Lifeline@justnet.com.au	Self Referral	Singles, Couples	\$25 / \$15 if welfare	Psychologists/ Intern Psychol Counsellors	Variety	No	
BC PCC	Kristin Westman Mt Druitt Palliative Care Unit, 75 Railway St. Mount Druitt NSW 2770	9887 1695 0434568382	Kristin.Westman@swahs.health.nsw.gov.au							

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	Anne Howe avlowe@nscchahs.health.nsw.gov.au	Self Referral or G.P., Social Worker	Adults, Children, Families	No Cost			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 2050 Fax: 6542 2005	(No Email)	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
GRIEF MAT	New England Health Moree 2400	0429 300930 Fax: 6752 4024	Nathan Rutledge	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	Mindala 1 Melia Place Bellingen 2454	6655 2334 0413048090	Catherine Campbell ellanthis@aapt.net.au	Self Referral	Adults, Children and Families	No Cost Accept Donations		NALARD		Library Home Visits
PCC GRIEF BC	Coffs Harbour Area	6656 7674 Monday & Wednesday only	Megan Fifield Mfifield@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	6648 3662 Tuesday & Wednesday only	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					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 Bruce Schubert www:shbcs.org.au info@shbcs.org.au	Self Referral	Adults, Children and Families	\$20 - \$75 negotiable	Clinical counselling Psychologist		Yes Teenagers killed in MV accidents	Co-ordinate groups ie/ widows. Community Library
GEN BC	Centacare 25 – 27 Auburn St Wollongong 2500	4227 1122	Intake worker jade.hamilton@centacare.woll.catholic.org.au	Self Referral	Adults, Children & Families	\$60 H/CC \$20	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 \$35 - \$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	Julie.kulikowski@ckvart-act.cin.au aileen.mcnally@ckvart-act.cin.au alvary-act.com.au	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
BC	NALAG Coonabarabran Ms Narise c/- 28 George St BINNAWAY 2395	6844 1543	No email	Professional or Self	Adults	No cost	Trained volunteers			
GEN	Annette Coulter 31 Waratah Street KATOOMBA NSW	4782 4436 0408822080	Annette Coulter afcumys@bigpond.com		Adolescent & family counsellor					

Telephone Support Lines

Service	Location	Phone	Contact/Email	Referral Details	Adults / Children / Families	Cost	Qualifications	Professional Assoc	Group Sessions	Other services
GEN, GRIEF	Kids Help Line 24/7	1800 55 1800	Over the phone Private email admin.kidshelp.com.au	Self Referral	5-25 Year Olds * completely confidential	Landlines Toll Free Optus Mobile Free Other mobile s charge	Trained Counsellors	Varies	No	Web counselling Mon-Fri, 3-9pm www.kidshelp.com.au
GEN, GRIEF	Lifeline 24/7	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 http://sids&kidsnsw.proboards86.com	Self referral or health professional	Adults, Children & families	Toll free	Trained parent support a/hours Professional business hours		No	Hhttp://sids&kidsnsw.proboards86.com
GEN	Centacare Parent Line 24/7	13 20 55 fax 8968 1117	Over the phone No email	Self Referral	Parents of children 0 – 18	Phone Call	Trained Counsellors	Varies	No	Vietnamese Thur & Fri Cantonese Manderin.

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 Martha Jabour info@hsvgnsw.org.au	Self Referral	Adults, Children and Families	No Cost	Trained Bereavement Counsellors			Counselling to families & friends of victims of homicide