



Counselling services

Counselling involves talking in a safe and supportive space about any difficulties or challenges you are experiencing. It can help you find positive ways to manage your situation.

What is counselling?

Counselling provides a supportive and collaborative environment where you can discuss your problems and concerns, working on what you identify as most important. Participating in counselling can help you clarify your situation, gain new perspectives and work towards change. The counselling process can support you to develop insights, generate solutions and consider choices.

We work with individuals, couples and families in a non-judgemental way.

What can counselling help with?

Counselling can be an effective way to improve overall wellbeing, by relieving distress and enhancing relationships.

Common issues that people seek counselling for include:

- relationship difficulties
- separation and divorce
- parenting through separation
- grief and loss
- managing stress
- life changes
- mental health issues
- adjusting to parenting
- managing emotions, such as anger
- family violence
- trauma and abuse
- work-related problems.

Whatever your concern, it's important to reach out for support.

Our counsellors

Our counsellors have qualifications in counselling, psychology or social work, and specific training and experience with a range of issues, including relationships, families, and children. We can adapt our services to meet the needs of a wide range of cultures and community groups.

Who can attend counselling?

Our counselling service is flexible. We can work with individuals, including children and young people, couples and families to build solutions that recognise the strengths, wisdom and knowledge of each person.

How long does counselling last?

Counselling sessions usually last for 50 minutes. While some issues can be resolved in a few sessions, others take longer.

How much will it cost?

While we charge fees for most services, all fees are appropriate for the service provided and your financial capacity to pay. When you call to make a booking for counselling, we will discuss the fees payable.

When are sessions available?

Centre opening hours vary, however most centres offer evening sessions as well as sessions during business hours. Please contact your local centre for more information.

Getting started

Call 1300 364 277 to make an appointment or find out more. Visit www.rav.org.au/locations to find your nearest centre.

We also provide a Telephone Counselling service for clients who are unable to attend one of our centres. To enquire about this service, call 1800 817 569.

About us

Relationships Australia Victoria (RAV) is a valued provider of specialist relationship and family services. RAV provides services from 13 centres in metropolitan Melbourne and regional Victoria.

Our services include individual, relationship and family counselling, dispute resolution, relationship skills courses, professional development and training, and family violence prevention, support and recovery services.

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