



## Getting help

### You can get better

When bad things happen, it's normal to feel bad. Sometimes, you might feel bad for a long time. Sometimes, it can be hard to even get through the day.

You can get better. There are people who can help.

We have free counselling for people with disability who have had bad experiences. Counselling can help to make you feel better. You can get counselling face-to-face, over the phone or online.

### Asking for help can be hard

Asking for help can be hard. You might be scared or confused about what getting help will be like. You might not know what to do next.

You might not want to trust someone to help you.

It is normal to feel worried about seeing a counsellor, especially if you haven't done it before. It can be scary to think about sitting down with a stranger and sharing your story.

You might:

- wonder what it will be like
- worry that you have to share your whole story
- be scared your counsellor won't understand you
- think of reasons not to go.

Some reasons people think of are:

- I have tried counselling before and didn't like it
- I don't want to feel judged
- it's too hard.

These thoughts and feelings are normal.

We:

- are respectful
- don't judge



- focus on what you need
- help you feel safe
- can help with complicated problems.

Our counsellors have a lot of training. We have been helping people for many years.

## Your counsellor

Each counsellor is different and might have different ways of helping you.

You might want to think about:

- whether you want a male, female or other counsellor
- where you want to have counselling
- what supports you want or need.

It's important that you feel safe and comfortable with your counsellor. Sometimes this happens straightaway. Sometimes it takes time. Sometimes you might want a different counsellor.

## What counselling is like

### Your first session

At your first session, you and your counsellor get to know each other. You can talk about where you're at and what to expect from future sessions. It's okay to ask them questions about who they are and how they work. It's okay to tell them if you are worried about anything.

You don't have to tell them anything you don't want to.

### How sessions work

Sessions usually go for an hour but they can be longer or shorter. Just let us know what you want. Everyone is different, with different stories and experiences. You and your counsellor will work out goals that are just for you, then work out steps to reach the goals together.

You will get the best results if you are open and honest with your counsellor.

Your counsellor will not do all the talking or give you advice. They will support you to make positive changes in your life.