

Counselling

We offer individual, couples, family and other specialist relationship counselling services.

We have qualified and skilled counsellors, with a good understanding of life stages and stresses impacting relationships for individuals, couples and families.

Our service is inclusive of all people regardless of gender, religion, sexual orientation, cultural background, national origin and economic circumstances. We have over 70 years of experience in working with families of different forms and sizes to strengthen family relationships, prevent breakdown and ensure the wellbeing and safety of children.

We will listen to you and understand your emotions without judgement. We will support you to identify solutions in a safe space.

This service is state-wide

HOBART

20 Clare Street

New Town TAS 7008

PH: 1300 364 277

LAUNCESTON

6 Paterson Street

Launceston TAS 7250

PH: 1300 364 277

DEVONPORT

68 North Fenton Street

Devonport TAS 7310

PH: 1300 364 277

Email: admin@reltas.com.au

www.tas.relationships.org.au



Relationships Australia Tasmania acknowledges the Australian Aboriginal and Torres Strait Islander peoples as the first inhabitants of the nation and the traditional custodians of the lands where we live, learn and work.

Relationships Australia
TASMANIA

Need Help?

Counselling at Relationships Australia Tasmania may help you with life's challenges



1300 364 277

tas.relationships.org.au

'Helping individuals, couples and families develop healthy emotional lives through support, guidance and education'

We can help you to:

- build and maintain healthy relationships
- understand impacts of trauma
- understand and manage emotions
- improve communication
- address family matters and changes
- explore relationship separation
- manage conflict
- maintain respectful and effective parenting relationships
- set healthy boundaries

Making an Appointment



1300 364 277



We will ask for your basic information.



You will be asked the general reason for your visit.



You will receive a private and confidential service



Fees for the sessions will be discussed.



A time for the appointment will be arranged.



Interpreters available on request

Our services have a focus on safety. If you are experiencing family violence then you and your partner will be seen separately.

Your First Session

- We will listen to you and understand your situation without judgement
- You will have to complete some paperwork
- We will discuss privacy and confidentiality
- Your appointment times will be discussed while booking your first session

Later Sessions

- Your counsellor will work with you to plan your ongoing sessions
- Counselling relies on a strong inter-personal relationship
- You can ask to change your counsellor at any time, and for any reason.