



Counselling

Talk to an experienced, professional counsellor for support with challenges you're experiencing, and what's most important to you.

How it can help

Counselling is a safe and supportive space for you to develop insights, consider your options, make choices and make positive changes to manage your situation.

Your counsellor will guide you through conversations about your feelings, experiences and options. Your counsellor won't take sides, make judgements about who is right or wrong or tell you what to do or what decisions to make.

Counselling can help to improve your wellbeing by reducing your distress and improving your relationships.

Our counsellors

Our counsellors are qualified, professional, supportive and non-judgemental. We will work to match you with a counsellor who is best placed to help you with the issues or challenges you're experiencing.

Appointment options

We provide counselling in person at 8 centres, as well as online via video, and over the phone.

What it can help with

We support people with a range of topics, including:

- relationships
- communication
- separation and divorce
- parenting
- grief, loss and bereavement
- life changes and challenges
- managing stress and wellbeing
- managing emotions, such as anger
- family transitions, such as forming a new or blended family
- loneliness, isolation and belonging.



[My counsellor's] expertise and compassionate approach have been instrumental in helping me navigate complex family matters.

From offering insightful advice to creating a safe space for open communication, she has truly made a difference in my life.'

– Counselling client

Who can attend

Individuals

We offer individual counselling for a broad range of relationship and family issues.

Whatever your concern, we're here to support you. We can help you to better understand your past relationships and how they affect your present, or reflect on starting a new relationship. Counselling can help with making sense of your experiences, building insight moving forward.

If you're currently in a relationship, you can attend relationship counselling alone or with your partner. Attending counselling alone can still be very beneficial for your relationship. If your partner decides to also attend later on, we can discuss how this can be supported.

Couples

We provide relationship counselling, also known as couple counselling, or marriage counselling for married couples.

Appointments generally involve both partners working with a counsellor to address key concerns identified by the couple or counsellor. These can include communication issues, managing emotions, and the impact of recent and past experiences. Couples also often seek support for conflict, parenting, grief and loss, managing stress, life changes and financial stress.

We also offer Prepare/Enrich, a pre-marriage, pre-commitment and relationship enrichment counselling and education program for couples.

Children, young people, parents and families

We offer relationship counselling for parents and families, also known as family counselling or family therapy. This may include support for relationships between parents and their children or teenagers.

We support you to develop practical, meaningful solutions that are informed by the strengths, wisdom and knowledge of your family members. We take a whole-of-family approach, and have experience working across all life stages.

Sessions and fees

We aim to make our services as affordable as possible, with fees based on your income. We will discuss applicable fees when you contact us.

There is high demand for our counselling services. To ensure fair and equitable access for all clients, a limit of up to 20 sessions will usually apply.

Frequently asked questions

Visit rav.org.au/counselling or scan the QR code.



Our centres

To learn more or book an appointment, contact your nearest centre. You don't need a referral to use our counselling service.

Ballarat: (03) 5337 9222

Boronia: (03) 9725 9964

Cranbourne: (03) 5990 1900

Greensborough: (03) 9431 7777

Kew: (03) 9261 8700

Shepparton: (03) 5820 7444

Sunshine: (03) 8311 9222

Traralgon: (03) 5175 9500

About us

Informed by more than 75 years' experience, we provide a diverse range of family and relationship services to support individuals, couples and families — including children and young people — across Victoria.

We acknowledge First Nations peoples as the Traditional Owners and Custodians of the lands and waterways of Australia and support their right to self-determination and culturally safe services.

We're committed to providing safe, inclusive and accessible services for all people.

