



About Us

Lifeline WA is the leading provider of crisis support and suicide prevention in Western Australia.

More than 97,000 Western Australians reach out to Lifeline WA for help every year, and that number is rising. We aim to create opportunities for emotional wellbeing and provide support services, including our counselling program and Life After Separation Workshop.

Our vision

Is a community free of suicide.

Our mission

Is to prevent suicide, support people in crisis and reduce the stigmas, which can be a barrier to people seeking help.

Contact us

For more information:

Phone

(08) 9261 4498

Email

counselling@lifelinewa.org.au

Web

wa.lifeline.org.au


Counselling sessions are held at our Subiaco Office.

Address

Level 2/50 Subiaco Square Road,
Subiaco, WA 6008

For 24/7 Crisis Support:

 **Call**
13 11 14

 **Text**
0477 13 11 14

 **Chat online**
lifeline.org.au/crisis-chat

Follow us @Lifeline_WA

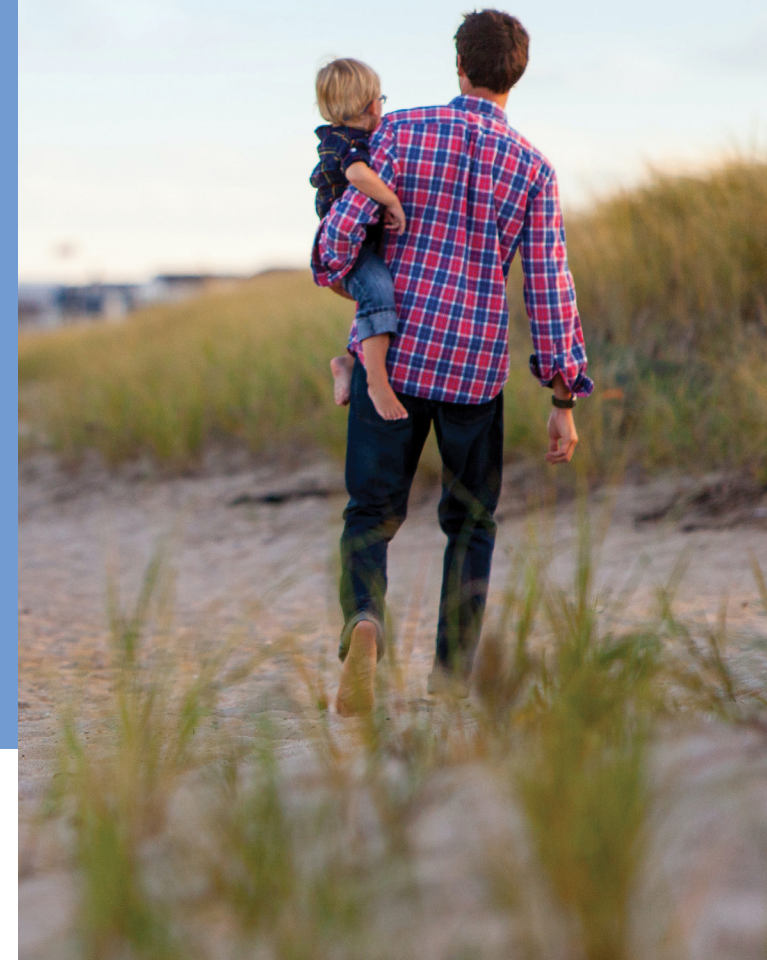


Lifeline WA acknowledges the Traditional Owners of Country throughout Western Australia. We pay our respects to Elders past, present and emerging.



Specialist Counselling Support

Bereavement | Family Separation



Supported by



This counselling service is for:

- Couples with children, who are separated or separating
- Parents bereaved by the death of their partner or child
- Young people (dependants up to 25 years of age), and primary school-aged children, either of separated or bereaved parents or bereaved by the death of a parent or sibling
- Extended family members who perform a care role to the family unit and are impacted by the family separation or bereavement, including stepparents and grandparents
- The separation or bereavement should be within 24 months.



This service is **free** and available across Western Australia. It can be accessed **face to face** at our Subiaco office, via **Zoom** or **phone**.

We provide individual support of up to 12 counselling sessions over a maximum of 12 months so you can:

- Explore your feelings and manage your emotions whilst experiencing separation or bereavement
- Process the effects of the loss of a loved one and how this alters your life
- Help manage setbacks in your life brought on by grieving
- Identify healthy coping mechanisms and support systems around you that address feelings of isolation and despair
- Develop strategies to achieve emotional wellbeing and the best possible outcomes for yourself and your loved ones
- Learn how to communicate effectively with the important people in your life
- Access practical support and assistance.



FAQs

What happens in counselling?

Lifeline WA counsellors are trained to use a variety of frameworks and techniques to best suit your needs. Counsellors provide a collaborative space to support you in navigating and understanding your thoughts and feelings. The counsellor will work alongside you to reach your therapeutic goals. The counsellor's role is not to give advice but to facilitate your self-discovery and personal growth.

How can I refer for counselling?

You can self-refer or refer a friend, client or family member by completing the referral form on our website or calling the counselling team at 9261 4498. You do not need a mental health care plan.

How does the counselling process work?

After receiving a referral, we'll contact you to gather further information or book an assessment. After assessment, we'll let you know if our service suits your needs, then schedule a counselling appointment or suggest a more appropriate service.

Is Counselling confidential?

Yes, counselling is confidential, and we'll provide further details during the assessment.

