

NDIS Counselling Support Service



Available
in the
South



1800 243 232
anglicare-tas.org.au

NDIS Counselling Support Service

Anglicare provides a counselling support service for those funded under the National Disability Insurance Scheme (NDIS). They will provide a safe and supportive space for you to explore challenges you are having in your life, and develop strategies with you to address them.

Examples of areas they can support you with:

- Managing mental health
- Relationship issues
- Feelings of stress, anxiety or depression
- Ways to improve sleep
- Coping with grief and loss
- Exploring past trauma or abuse
- Building better relationships
- Developing mental health support plans or safety plans
- Supporting you to engage with other services and the community

The service can be provided in your own home, in the community or at an in the south of Tasmania.



To find out more, please call **1800 243 232** or email **connectsupport@anglicare-tas.org.au**