

How to book a video call counselling appointment with Lifeline WA:

1. Call Lifeline WA on (08) 92614451 to book a date and time
2. Connect with Lifeline WA's Skype account using the email: counsellingatLifelineWA@outlook.com
3. Just before your appointment, log into your Skype account and a Lifeline WA counsellor will video-call you
4. Click accept on your screen and begin your session

If you don't have a Skype account we can send you a link via email for a secure video connection.

We can offer after hours appointments for your convenience.

Our counselling service is available at:

Northbridge office

Suite 44a, 7 Aberdeen Street
Northbridge WA 6000

Hillarys office

Whitfords Library
Corner Marmion and Banks Avenue
Hillarys WA 6025

or via telephone or video call

To book an appointment call
(08) 9261 4451

Crisis Support

13 11 14

24 hours a day, 7 days a week

Chat online 7pm to 4am (AEST)
7 days a week

For more information visit
www.lifelinewa.org.au



Supporting Separated Parents across WA

Video call and telephone counselling

 **Lifeline**
WA



Guiding you through separation

Lifeline WA is committed to supporting separated Mums and Dads, including LGBTIQA parents throughout WA. We offer individual counselling for parents before, during and after separation.

This free service is available to anyone in regional WA by video call (eg. Skype) or over the telephone.

Our counsellors provide one-on-one support to develop strategies to manage conflict and discuss and identify options and solutions. We can also refer to other support services relevant to individual family situations.

Lifeline WA does not provide legal advice but we can supply information on how to access legal advice where needed.

Our counselling team provides individual support and education for parents who want to:

- Negotiate shared care arrangements for their children
- Communicate effectively with the other parent
- Be prepared for mediation and to better understand the mediation process
- Understand the complexities of the Family Court and the legal system
- Access practical and emotional support and assistance
- Create a parenting plan designed to specifically meet the needs of their children



**To book an appointment
call 9261 4451**



reception@lifelinewa.org.au

Lifeline WA aims to create opportunities for emotional well-being and provides other support services including:



Counselling Services that provide affordable, confidential, face-to-face counselling for separated parents and people experiencing financial difficulty.



Our 13 11 14 service is a nationally routed crisis support number, available 24 hours a day, 7 days a week.



Online Crisis Support Chat service via lifelinewa.org.au is available to all Western Australians from 7pm until 4am (AEST).



Education and training programs that increase understanding of suicide prevention and mental health within the community and workplace.



Information and resources for help seekers and care givers.



Campaigns and fundraising events to raise community awareness about suicide prevention and crisis support.



Government of **Western Australia**
Department for **Communities**

Building Strong, Vibrant Communities