

FREE COUNSELLING SERVICE

Our mission has remained the same and we continue to believe that mental health care is a right, not a privilege.

ACS is the clinical division of the Australian Institute of Professional Counsellors (AIPC). AIPC is the largest and longest established educator of Counsellors in Australia. AIPC has provided specialist Counsellor training for over 30-years



Australian Counselling Service (ACS) provides:



Counselling support for a range of concerns including stress, relationships, managing your studies, and everyday worries.



A choice of fully supervised pre-service Counsellors who care about your wellbeing, and understand your needs and concerns.




Pre-service Counsellors in the advanced stages of their training and working from best-practice counselling frameworks.



Counselling sessions from anywhere delivered through a secure telehealth platform.

BOOK NOW

 <https://www.acscounselling.com.au/registration/nzma>

 1300 374 033



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Meet Our Counsellors!

ACS offers counselling sessions provided by fully supervised pre-service counsellors in the advanced stage of training



Phoebe



Approaches:

Person-centred
Strengths based



Leo



Approaches:

Narrative Therapy
CBT



Valorie



Approaches:

Solutions Focused
Narrative Therapy



Elizabeth



Approaches:

ACT
Solutions Focused



Gabby

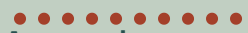


Approaches:

Solutions Focused
Person-centred



Donna



Approaches:

Narrative Therapy
CBT

**Book your appointment now
by scanning the QR code:**



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Semester 3 Counsellors



Phoebe

Having previously worked in disability and social support Phoebe now brings her compassionate, empathetic and driven energy to her counselling practice. Phoebe uses person-centred approaches with attributes from other therapies dependent to each client.



Grace

Grace is a compassionate and dedicated individual experienced in dealing with anxiety, depression, and grief. Grace has experience in trauma and crisis interventions through her time at Lifeline. Grace provides a friendly, non-judgmental space for individuals from diverse cultural backgrounds to explore their concerns.



Donna

Having lived experiences, Donna will walk your journey with strict confidentiality and respect to find practical solutions for the difficulties you may be facing. Her specialties are: DV, anxiety, loss & grief, couples, self-esteem & facing life's challenges.



Shelly-Anne

Shelly-Anne is dedicated to providing a non-judgmental, empathetic and compassionate environment to support individuals seeking help with life challenges and mental health. She also has experience in Christian-based counsel, offering meaningful and spiritually informed support.

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