



Wellbeing at work

The Brokered Counselling program run by Relationships Australia provides advice and confidential counselling on relationships, workplaces issues and other matters. It's free and available to you.

If you want to build better relationships in your life, get tools and tips to manage stress or improve your wellbeing, we can work with you to achieve the change you want. Couple and family counselling is also available.

Get support to manage the ups and downs of life by making an appointment with a relationship expert.

Call 1300 172 327 or speak to your manager to find out more.

How we help

Counselling provides opportunities to talk about issues that concern you in a supportive and respectful environment.

We're here to listen

People come to discuss personal issues, couple issues, conflicts with family or friends, parenting, domestic violence, anxiety, depression, grief, sexual problems, childhood abuse, stress and work related tension.

We're here to help you build relationships that are safe, strong and healthy.

Tailored to you

Our team of highly trained counsellors work in a respectful and confidential environment.

Our team of counsellors are qualified and experienced in Social Work, Psychology or Counselling and specialise in working with couples, families and individuals, using a range of methods tailored to each person's needs.

Backed by 70 years of clinical experience, we provide a safe, supportive environment regardless of your cultural background, family structure, gender or sexual orientation.

For judgement free support contact us today
relationshipsnsw.org.au
1300 172 327