

Referrals/Cost

You can either refer yourself to our counselling services by contacting us directly, or you can get your GP to refer you.

You can discuss the cost of our services by getting in touch with us. The fee charged will depend on your income.



Contact Us

☎ 5421 1666 - Kyneton/Romsey
9744 4455 - Sunbury

✉ admin@scchc.org.au

🌐 www.sunburycobaw.org.au

📍 1 Caroline Chisholm Drive, Kyneton
142 Main Street, Romsey
12-28 Macedon Street, Sunbury

Scan the QR Code with your mobile device to send us some feedback:



Counselling Services



About our Services

Youth Counselling

Our youth team works collaboratively with young people aged 12-25 years. We work with young people presenting with mild to severe mental health issues. The programs are strongly connected to school and youth supports and they take a holistic approach to supporting young people with the following:

- Coping with difficult thoughts and feelings
- Helping improve relationships with friends, and family
- Depression, anxiety and general mental health
- School pressure
- Grief and loss
- Identity, gender and sexuality
- Self esteem and goal setting

We offer support to people in the Macedon Ranges, Sunbury and surrounds.



About our Services

Mental Health and Counselling Services

We provide a range of therapeutic and psychological supports. The aims of the of the program are to help people with personal issues that negatively affect their life. The team works to support you through issues with a goal-focused approach. The challenges we can support you with include:

- Interpersonal issues
- Depression, anxiety and mild/moderate mental health concerns
- Separation
- Stress management
- Grief and loss
- General life issues

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Alcohol and Other Drugs Counselling

This program helps individuals, couples and families deal with the impacts of alcohol and other drug issues on their lives, whether their own or somebody else's. The service offers support to people wishing to stop their substance use, or reduce the impact on themselves and their loved ones. Services include:

- Individual counselling
- Group work (SMART Recovery)
- Referral to external programs including detox and rehabilitation
- Assessment and triage to appropriate service

About our Services

Family Violence Counselling

This service support adults and children who are currently or have historically experienced family violence. Our clinicians help to empower our clients to understand the dynamic of family violence, take control and support recovery from their trauma to live fulfilling and safe lives. Our services include:

- Individual counselling
- Group programs

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Men's Behaviour Change Program

This 20-session group program provides support for men who have been, or are currently, using violence in their intimate relationships. The program aims to end violence against women by challenging men's beliefs towards gender equality and privilege. The focus of the program is to improve the safety of women and children in the community.

