

# FACTSHEET

## Counselling Service for Families and couples (Reconciliation)



Relationships can be rewarding, but also complex. At times, we need support to deal with relationship difficulties. You can seek support from friends and family or get help from professional services.

Sometimes we are so caught up with difficult situations, we don't recognise when we need help to deal with them. By getting support from a professional service, you can better understand what might be causing the relationship difficulties and get strategies to improve the situation.

Professional family support agencies can help work out the best type of support for you. Depending on your situation they may recommend counselling.

You can go to a service in person or get help in other ways. If you don't want to use a local service, or live in a rural or remote area, you can usually get support by phone, or online.

### Local services that can help:

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| • Anglicare WA              | <a href="http://www.anglicarewa.org.au">www.anglicarewa.org.au</a>               |
| • Centacare Family Services | <a href="http://www.centacaregeraldton.org.au">www.centacaregeraldton.org.au</a> |
| • Centrecare                | <a href="http://www.centrecare.com.au">www.centrecare.com.au</a>                 |
| • Gowrie Community Services | <a href="http://www.gowrie-wa.com.au">www.gowrie-wa.com.au</a>                   |
| • Ngala Community Services  | <a href="http://www.ngala.com.au">www.ngala.com.au</a>                           |
| • Relationships Australia   | <a href="http://www.relationshipswa.org.au">www.relationshipswa.org.au</a>       |

The Family Relationship Advice Line is a national telephone service which assists families affected by relationship issues by providing information, advice and referral to services.

The Family Relationship Advice Line: 1800 050 321

Callers from overseas: phone +61 7 3423 6878. The phone company you use to make the call will charge you for the cost of the call.

### Operating hours:

- Monday to Friday 8am to 8pm local time
- Saturday 10am to 4pm local time
- Closed Sundays and national public holidays

