

The service providers are qualified and experienced professionals. They are non-judgemental in their approach, and work to enable people to have the optimal amount of control in their own lives.

All regional counselling services are free.

regional counselling services are available at a variety of locations across Eastern Metropolitan Melbourne and the Shire of Yarra Ranges.

For further information contact:

| | |
|---|-----------------------|
| alcohol and drugs | t 1300 650 705 |
| gambler's help | t 1300 131 973 |
| victims of crime | t 1300 884 284 |
| financial counselling (generalist) | t 9871 1800 |



eastern access community health
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regional counselling services



regional counselling services provide a range of counselling and support services to individuals and families of all ages to help them to improve their health and well-being.

Counselling sessions are undertaken in a supportive and safe environment in which confidentiality is always respected and upheld.

alcohol and drugs

Eastern Drug and Alcohol Service (EDAS) helps people in Maroondah, Manningham, and Yarra Ranges who are concerned about their own or others' alcohol or drug use.

EDAS services are based on a philosophy of harm minimisation, providing non-judgmental counselling, support and education to adults, young people and families.

EDAS also has a forensic service for people referred for counselling by the courts. More information about the range of services delivered by EDAS can be accessed at www.edas.com.au.

For more information phone 1300 650 705

gambler's help

Gambler's Help Eastern (GHE) is a service for anyone experiencing harm from their own gambling. It is also available to the person's family, friends and community who may be also affected.

GHE offers individual, couple and family counselling, gambling-related financial counselling, support groups, self-help materials, community education and information sessions. Professional training and consultancy services are also available on request.

You set your own goals – we help you achieve them.

The GHE service is available at a number of sites across Eastern Metropolitan Melbourne and the Shire of Yarra Ranges. Evening services are available on some nights.

For more information phone 1300 131 973

victims of crime

Eastern Victims Assistance and Counselling program offers a range of supports and counselling services to individuals, families or groups who have been affected by violent crimes such as family violence, sexual or physical assault, and murder.

Eligibility for psychological counselling services depends on the crime having occurred in Victoria and being reported in the past two years.

For more information phone 1300 884 284

financial counselling (generalist)

General Financial Counselling services are available to Maroondah, Knox and Yarra Ranges residents.

The service provides a financial situation assessment; advice about bills, fines or debts; assistance to work out payments with creditors; money management advice; information about bankruptcy, possible government assistance and legal rights covering credit and debt; consumer information and knowledge to regain control over finances.

The **Maroondah No Interest Loans Scheme**[®] is available to eligible, low income earners in Maroondah for the purchase of essential household appliances.

For more information phone 9871 1800

Interpreter assistance at no cost is available for all Regional Counselling services.