



# VOCATIONAL COUNSELLING

**Vocational counselling** is a **free service** for **job seekers**, available to anyone who feels that they would benefit from further assistance in a counselling setting.

This will typically involve counselling sessions of one hour each. These sessions are guided by whatever you would like to discuss and address as you move towards employment. While the counselling focuses on employment, we all know all aspects of life are connected and impact on one another. Some of the things that vocational counselling can address are:



To access the Vocational Counselling service, simply speak to your Employment Consultant and ask for a referral. Alternatively, you could email [connectinghealth@abilityoptions.com.au](mailto:connectinghealth@abilityoptions.com.au)

Appointments will typically be on a weekly or fortnightly basis, and can continue for up to 6 months after you secure a job if you feel you need ongoing support.

For more information call **1300 422 454** or email [connectinghealth@abilityoptions.com.au](mailto:connectinghealth@abilityoptions.com.au)