

Ability Options
counselling
services are
professional,
reliable and
focused on
positive
outcomes.

About Ability Options

Ability Options champions everyone to achieve their goals. We create connection, opportunities, and access to the tools you need to unlock your potential. Our services highlight your right to choice, freedom, and purpose.

For more than 45 years, the people we support have been at the centre of our work.

- we generate employment opportunities that transform lives
- offer support services that enable success
- coordinate social activities that make real connection
- as well as specialised accommodation that offers a home and independence.

Ability Options supports you to live a life that is uniquely yours.

Get in touch

Contact us to discuss your goals. We are here to help you explore your options.

Counselling services:
connectinghealth@abilityoptions.org.au

1300 422 454
Abilityoptions.org.au

Connecting you to Counselling Services



At Ability Options we offer counselling services to suit all abilities and aspirations. Our services help you to live your best life.

We offer one on one counselling and psychological services for people over 16 years of age.

National Disability Insurance Scheme (NDIS) Services

Our team of registered counsellors, psychologists and social workers can provide one on one counselling supports to NDIS participants. These supports can be provided for people who are experiencing a mental health condition, and we specialise in supporting individuals with anxiety, depression, trauma and addiction.

Who can we support

- Participants with funding under category *'improved daily living'*.
- Participants with funding for employment related counselling under category *'finding and keeping a job'*.

*What are your goals?
We'll help you achieve them!*

Vocational Counselling Services

Vocational counselling is a free service for anyone who is linked with our employment services programs.

Some of the topics and issues that vocational counselling can address are:

- Career guidance
- Goal setting
- Confidence building strategies
- Drug and alcohol counselling
- Support for depression and anxiety
- Referral to other services

To access the vocational counselling service, simply speak to an Ability Options staff member and ask for a referral.

Appointments are offered on a weekly or fortnightly basis and can continue for up to 6 months after you secure a job.



Where is Support Available?

We offer face to face counselling supports at offices around Sydney and the Central Coast.

Face to face counselling support is available at the below Ability Options sites:

- Campbelltown
- Liverpool
- Parramatta
- Blacktown
- Mount Druitt
- Seven Hills
- Penrith
- Baulkham Hills
- Hornsby
- Chatswood
- Ryde
- Brookvale
- Bateau Bay
- Wyong
- The Entrance
- Charmhaven
- Gosford

We can provide telehealth services to areas not listed above, via zoom or phone