



## Specialist Counselling Services



**Our Specialist Counselling Services help people improve their daily living, achieve work and training goals, and navigate life's challenges. Whether you're a NDIS participant or linked to one of our employment programs, our person-centred, strengths-based counselling can support you.**

### Who we support:

- NDIS participants with appropriate funding
- Participants linked with one of our employment programs

### How we can help:

Our counsellors understand the impact of mental health, disability and life transitions.

We support you with:

- General counselling
- Vocational and career counselling
- Depression and anxiety management
- Adjustment to disability
- Conflict resolution and negotiation
- Self-esteem, motivation and confidence building
- Goal setting
- Connection to other services
- Connection to education and employment opportunities

### Availability

Our Specialist Counselling Services are currently offered in Greater Sydney, Hunter and Central Coast.

**Scan the QR code to find out more.**

**abilityoptions.org.au**  
**info@abilityoptions.org.au**  
**1300 422 454**

