

GRIEF AND/OR TRAUMA COUNSELLING SERVICES FOR CHILDREN & YOUNG PEOPLE



⌘ **Central West Women's Health Centre (Bathurst)**

Child, Adolescent Trauma Service (CATS)

- 02 6331 4133
- Open Monday, Wednesday, Thursday & Friday 9:30 - 4:30
- Face to face
- Up to 18 years

⌘ **Relationships Australia (Bathurst)**

Family focused counselling

- 02 6333 8888
- Open Monday to Friday 9:00 – 5:00
- Face to face & phone
- Up to 25 years

⌘ **Veritas House (Bathurst)**

Adolescent & Family counselling

- 02 6332 3882
- Open Monday to Friday 9:00 to 4:30
- Face to face & phone
- 12-18 years

⌘ **Jo Murray (Bathurst)**

Grief & Trauma counselling

- 0407 263 077
- Face to face
- Up to 25 years

⌘ **Life Supports (Bathurst)**

Grief & Trauma counselling

- 1300 735 030
- Face to face, phone & skype
- Up to 25 years

⌘ **Centacare (Bathurst/Dubbo/Orange)**

Grief & Trauma counselling

- 02 6885 0277
- Face to face
- 6 years +

⌘ **Broken Hill Lifeline Centre**

Grief & Trauma counselling

- 08 8087 7525
- Face to face
- Up to 14 years

⌘ **Child Adolescent Mental Health Service (CAMHS) (Dubbo & outreach)**

Grief & Trauma counselling

- 02 6885 0277
- Face to face & online
- Up to 17 years

⌘ **National Association for Loss & Grief (NALAG) (Dubbo)**

Grief counselling and referral service

- 02 6882 9222
- Face to face
- 5 years +

⌘ **Inner Connection Counselling (Gilgandra)**

Grief & Trauma counselling

- 0497 840 504
- Face to face
- 5-25 years

⌘ **Uniting Care Burnside (Gilgandra/Dunedoo/Dubbo)**

Grief & Trauma counselling

- 1800 864 846
- Face to face & phone
- 5 years +

⌘ **Mudgee Psychology**

Grief & Trauma counselling

- 02 6372 6923
- Face to face, phone & skype
- 5-25 years

⌘ **Bravehearts**

Sexual abuse support services

- 1800 272 831
- Phone
- 5-18 years

⌘ **QLife**

National-oriented phone and online counselling and referral service for LGBTI people

- 1800 184 527

⌘ **Headspace
(Bathurst/Orange/Dubbo)**

Youth Mental Health

- 02 5852 1900
- Early intervention mental health services, resources and counselling.

⌘ **The Cubby House - Anna Louise & Associates (Orange)**

Grief & Trauma counselling

- 02 6361 7557
- Face to face
- 4 years +

⌘ **Health In Mind Psychology (Orange)**

Grief & Trauma counselling

- 02 6362 3989
- Face to face
- 5-25 years

⌘ **Capable Kids - Caro Consultancy
(Orange/Cowra)**

Grief & Trauma counselling

- 02 6361 1370
- Face to face
- Up to 25 years

⌘ **Central West Psychology
(Orange/Cowra/Wellington)**

Grief & Trauma counselling

- Face to face
- Up to 16 years

⌘ **Psychological Solutions
(Orange/Dubbo)**

Grief & Trauma counselling

- 02 6882 7551
- Open Monday to Friday 9:00 - 5:00
- Face to face & skype
- 5-25 years

⌘ **Interrelate (Orange/Dubbo)**

Grief & Trauma counselling

- 02 6815 9650
- Open Monday to Friday 9:00 – 5:00
- Face to face
- 5-25 years

⌘ **SAL Consultancy**

Grief & Trauma counselling

- 1300 851 795
- Phone & skype
- Up to 25 years

⌘ **Reachout (NSW)**

Youth Mental Health

Next Step counselling

- 02 8029 7777
- Share online information on tough times, drugs, sex & friends for 14-25 year olds.

⌘ **Dubbo Neighbourhood Centre**

Domestic Violence counselling and referral service

- 02 6882 2100