



## Counselling (verb)

A relationship which helps increase self- knowledge, self- acceptance, growth and development.



## Need to talk?

Your conversation with a counsellor may address these concerns:

- > studies
- > finances
- > addressing and solving specific problems
- > coping with difficulties
- > grief and loss
- > relationships with family and others
- > mental health issues such as depression and anxiety.

Counselling sessions help you to stay calm, stay connected and remain positive.

Counselling gives you an opportunity to gain problem-solving skills and work towards more effective living.

## How can I receive counselling?

CDU provides all our students free and confidential counselling sessions to discuss anything that may affect your wellbeing. You can choose face to face or telephone counselling.

**Book an appointment** through Equity Services  
<https://www.cdu.edu.au/equity-services/counselling> or  
phone (08) 8946 6288

For support outside of working hours, please phone  
**CDU Crisis Support on phone 1300 93 33 93**



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