

Counselling Service

Life can be unpredictable and challenging. Experiences such as grief, relationship breakdown, financial hardship, and social isolation can leave individuals feeling overwhelmed, disconnected, and uncertain about how to cope.

At Lifeline Northern Beaches, Mosman to Kirribilli, our counselling services offer a compassionate and safe space to support individuals through emotional distress and help them reconnect with a meaningful life.

Our counsellors are degree-qualified professionals, trained in trauma-informed care and suicide prevention. Using a person-centred approach, they provide early intervention and ongoing therapeutic support, with no session limits. They support individuals from all walks of life, with a particular focus on those at higher risk of emotional distress, including people experiencing domestic or family violence, grief, suicidal thoughts or bereavement by suicide, as well as those facing cultural or social isolation and marginalisation.

Lifeline Northern Beaches, Mosman to Kirribilli offers both affordable and free counselling services from our main office and at community hubs, ensuring support is accessible to those who need it most.

Client feedback continues to reflect the profound impact of our service:

"From my first session, I felt at ease—my counsellor's warmth and ability to hold space made all the difference."

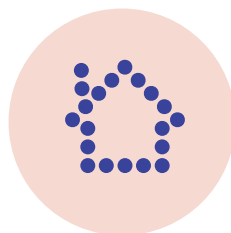
"The practical strategies and emotional support I received helped me through some of the most difficult times in my life."

"I've been coming to Lifeline for nearly 10 years. The care, empathy, and guidance I've received has been life-changing."

"I came to Lifeline feeling lonely and overwhelmed. I left feeling hopeful, less isolated, and more open to life again."

Our counselling team remains committed to delivering life-affirming support, helping individuals not only survive, but truly heal, grow, and thrive.

JANE DARTANIAN
CLINICAL OPERATIONS MANAGER



BARBARA STENHOUSE
COMMUNITY PROGRAMS MANAGER (CLINICAL)

