



Counselling Service

**Here for you
24 hours a day, 7 days a week**



1800 337 068

As a member of the AVA, you have access to the AVA's telephone Counselling Service, 24 hours a day, 7 days a week.

The AVA's counselling service is confidential and free for members and their immediate families. The service is staffed by qualified counsellors ready to listen and discuss pretty much anything, including:



- trauma
- conflict
- stress
- depression
- anxiety
- relationship problems
- job and career issues
- grief, loss or bereavement
- harassment and bullying.

The AVA's Telephone Counselling Service, also provides members with downloadable information sheets and posters that have been developed for members to display at work (www.ava.com.au/fact-sheets). These fact sheets serve as a reminder to all about the importance of staying mentally healthy and what to do if anyone is ever feeling unsafe or unable to cope.

Members can also call the AVA's Telephone Counselling Service if you are worried about a colleague. The counsellor can provide you with sensible advice about the best way to help them.