

# OTHER COUNSELLING RESOURCES

The Resilience Centre: A range of Counsellors including some Christian counsellors and psychologists

**[www.theresiliencecentre.com.au](http://www.theresiliencecentre.com.au)**

The Talbot Centre: A team of counsellors and psychologists, some of whom are Christians and some who specialise in working with children.

**[www.thetalbotcentre.com.au](http://www.thetalbotcentre.com.au)**

Anglicare Counselling

**[www.anglicare.org.au/community/mental-health-services/counselling/](http://www.anglicare.org.au/community/mental-health-services/counselling/)**

## YOUTH

Head Space Castle Hill.

Mental health workers, which may include psychologists, counsellors and other workers, provide counselling & support, information & referral and opportunities for children and young people 12 to 25 years old to talk with someone about their feelings or concerns.

**[www.headspace.org.au/headspace-centres/castle-hill/](http://www.headspace.org.au/headspace-centres/castle-hill/)**

Marriage counsellors:

Helen Van Wyke - 0412 399 944

Neil Harris - 0438 233 953.

## SENIORS

Emotional Wellbeing for Older Persons

**[www.anglicare.org.au/community/mental-health-services/emotional-wellbeing-for-older-persons/](http://www.anglicare.org.au/community/mental-health-services/emotional-wellbeing-for-older-persons/)**