

Connect Me

A free counselling and support program for 4-11-year-olds in Gippsland

Is your child:

- feeling stressed, worried, anxious or overwhelmed?
- having trouble sleeping?
- experiencing distress or bad memories that impact on their daily activities?
- feeling a sense of panic, loss or anger?
- experiencing relationship difficulties?
- withdrawing from their usual activities?
- feeling teary, numb or detached?

If your child is experiencing these or other challenges as a result of the bushfires, COVID-19 or general life challenges, our counsellors are here to support them.


How we can help

We can provide free counselling sessions and case management support, without a GP referral, to connect your child with education, personal, physical or community services.

Services are available:

- via video and telephone appointments
- face-to-face at schools and kindergartens across Gippsland.

We encourage you to contact us for more information or to make an appointment.

 (03) 5175 9500

 traralgon@rav.org.au

 rav.org.au/traralgon to send us an online enquiry

This service is funded by the Gippsland Primary Health Network, which is leading the primary mental health and suicide prevention stepped care response of Gippsland.

We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia and support Aboriginal people's right to self-determination and culturally safe services.

