

## Blog Article

6/12/2021

### Day 12 - 16 Days of Activism Counselling services

Getting the right support, when you need it, is important for survivors of domestic and family violence. Accessing counselling services will give you the chance to talk through your experiences at your own pace.

Everyone's experience and situation is different, and everyone deals with traumatic experiences in their own way. Specialist counselling will help you work through your trauma and create strategies to deal with your emotions focused from your own strengths.

To access free counselling

- see your local GP and ask for a mental health care plan;
- Apply for 22 hour free counselling through Victim Services  
<https://www.victimsservices.justice.nsw.gov.au/victims-services/how-can-we-help-you/victims-support-scheme/counselling.html> ;
- Access 1800 RESPECT 24/7 by calling Free call: 1800RESPECT or 1800 737 732 or services online <https://www.1800respect.org.au/help-and-support/telephone-and-online-counselling>.