



What is relationship counselling?

Relationship counselling offers opportunities for individuals, couples and families to explore, and possibly change, various aspects of their lives and relationships.

Our aim is to promote respectful, just and equal relationships.

The counsellor helps to open up communication and may offer suggestions, but not judgements or advice, and assists people to find their own solutions.

Counselling

- Is a positive goal-directed process
- Assists with the resolution of difficulties
- Is an aid to strengthening personal, couple and family relationships
- Is a professional service which respects differences of belief, background and gender
- Is a process to assist people deal with complex and significant issues in their lives.

Most of us believe our intimate relationships are the most important areas of our lives. Most people want positive, fulfilling relationships with their partners, children, families, colleagues and self.

Who provides the service?

All counsellors at Relationships Australia (SA) are experienced professionals trained to assist individuals, couples and families at different stages of their lives with the development of their relationships and the resolution of difficulties.

How is the service provided?

The service is provided by appointment at all Relationships Australia (SA) offices, both metropolitan and regional.

When can counselling be helpful?

Counselling is useful for:

- Improving self confidence and performance
- Expanding couple communication and dealing with differences and conflict
- Addressing concern about closeness in family relationships
- Improving parent and child relationships
- Coping with separation and losses
- Repairing or strengthening workplace relationships
- Overcoming trauma and challenges in life
- Preparing for relationships.

Our relationship counsellors have specific and professionally recognised skills in marital and couple therapy.

Sexual concerns

Relationships Australia (SA) has specially-trained counsellors who are able to work with people who may have concerns or difficulties which are primarily sexual in nature.

Child consultation

A process specifically designed for families in conflict where concerns about children's reactions and experiences can be addressed.

Referral

Where it is deemed appropriate, and in the best interests of the client, referral to another service or agency will be advised by the counsellor.

Safety

When a person coming into counselling has fears for his or her own safety, this information should be made clear to the counsellor as soon as possible, so that arrangements to ensure the client's safety can be implemented.



Relationship counselling

Fees

Relationships Australia (SA) provides services subsidised by the Australian Government. As these subsidies do not fully cover the costs of all services, it is necessary to charge fees. Reduced fees are available for concession card holders.

Special arrangements may be negotiated for people on low incomes or with special requirements.

Individual requirements

Relationships Australia (SA) is committed to providing quality services to all people and understands that sometimes there are barriers that may prevent people from accessing community services. If you have any difficulty in accessing our services please speak to us about how we can help. For example, we can arrange for a cultural assistant or an accredited language or hearing interpreter to assist you if necessary.

Confidentiality

All information given to the agency is confidential. Confidentiality will only be waived when matters of a serious or criminal nature arise.

We value your comments

Relationships Australia (SA) is very proud of the excellent service it provides to the community. Client feedback is an important part of maintaining our service delivery standards. If you have any feedback about any of our services or staff, you can provide this by:

- Phoning Relationships Australia (SA) directly on (08) 8223 4566
- Completing and sending back the Feedback Form found in Relationships Australia (SA)'s 'Your Service Rights' brochure
- Sending a letter outlining your feedback.

Service locations

Relationships Australia (SA) provides relationship counselling service at the following locations:

- Adelaide
- Hindmarsh
- Marion
- Ridgehaven
- Salisbury
- Mount Gambier
- Berri.

Contact us

Adelaide office

55 Hutt Street
Adelaide SA 5000

Phone: (08) 8223 4566

Country callers: 1800 182 325

TTY: (08) 8227 1859

Email: mail@rasa.org.au

www.rasa.org.au

www.rabooks.com.au

Ridgehaven

Unit 2, 1273 North East Road
Ridgehaven SA 5097
Phone: (08) 8396 4237

Hindmarsh

192 Port Road
Hindmarsh SA 5007
Phone: (08) 8340 2022

Marion

Level 5, Suite 500A
Office Towers
Westfield Shopping Centre
297 Diagonal Road
Oaklands Park SA 5046
Phone: (08) 8377 5400

49a Orsmond Street
Hindmarsh SA 5007
Phone: (08) 8245 8100

Salisbury

Shop 8a
Salisbury Cinema Complex
Cnr James and Gawler St
Salisbury SA 5097
Phone: (08) 8250 6600

Berri

9 Kay Avenue
Berri SA 5343
Phone: (08) 8582 4122



Relationships Australia

SOUTH AUSTRALIA™