



MELBOURNE
COUNSELLING
CENTRE

Here for you. Backed by care.

Your Mental Health Matters

Support, Understanding
and Positive Change



Compassionate care.
Professional support.
Stronger together.

How to Know When You Need Counselling

A practical guide to recognising when professional support may help



Individual
Support



Relationship
Counselling



Mental Wellness
& Growth

SAFE SPACE. REAL CONVERSATIONS. LASTING CHANGE.

How to Know When You Need Counselling

Recognise common signs that professional counselling support may help improve your emotional wellbeing and everyday life.

Introduction

Most people experience stress, sadness, worry, or difficult times at some point in their lives. Usually these feelings improve with time, support from friends or family, or by making changes to your lifestyle. However, there are times when these feelings don't go away or begin to affect your daily life. When this happens, talking to a counsellor can help.

Counselling isn't only for people in a crisis. Many people see a counsellor to better understand themselves, improve relationships, build confidence, or learn healthier ways to manage life's challenges.

Signs You May Benefit from Counselling

Your emotions feel overwhelming: You may feel sad, anxious, angry, guilty, or emotionally numb more often than usual.

You're struggling to cope with everyday life: Simple tasks such as work, school or looking after yourself feel harder.

You're constantly stressed: You find it difficult to relax and feel on edge most of the time.

Your sleep has changed: You struggle to sleep, wake often, sleep too much or still feel tired.

Your relationships are suffering: You argue more, withdraw from others or struggle to communicate.

You've experienced a major life change: Examples include grief, separation, illness, moving house or financial problems.

You're avoiding things: You stop doing activities you once enjoyed or avoid responsibilities.

You don't feel like yourself: You notice changes in yourself or others comment that you've changed.

You're relying on unhealthy coping strategies: You use alcohol, drugs, gambling, overeating, shopping or excessive screen time to cope.

Your confidence is low: You frequently doubt yourself or feel you're not good enough.

Physical Signs of Emotional Stress

- Frequent headaches
- Muscle tension
- Stomach problems
- Feeling tired all the time
- Changes in appetite
- Low energy
- Difficulty concentrating

Common Reasons People See a Counsellor

- | | |
|------------------------|--------------------------------------|
| • Anxiety | • Depression |
| • Stress and burnout | • Relationship or family problems |
| • Grief and loss | • Trauma |
| • Low self-esteem | • Workplace or school pressures |
| • Parenting challenges | • Anger management |
| • Life transitions | • Building confidence and resilience |

What Happens During Counselling?

Counselling provides a safe, private and non-judgemental space to talk about what is happening in your life.

- Understand your thoughts and emotions
- Learn practical coping strategies
- Solve problems more effectively
- Improve communication skills
- Build confidence
- Develop healthier ways of managing stress
- Set realistic goals
- Improve your overall wellbeing

When Should You Seek Help?

You may want to consider professional counselling support when one or more of the following applies:

- Your problems have lasted several weeks.
- Your emotions are affecting work, school or relationships.
- You feel stuck and don't know what to do next.
- Friends or family have expressed concern.
- You've tried handling things on your own without improvement.
- You want to understand yourself better and improve your quality of life.

When to Get Immediate Help

If you are thinking about hurting yourself, feel unable to keep yourself safe, or believe someone else is at immediate risk, seek urgent help straight away:

Immediate emergency	Call 000 or go to your nearest hospital emergency department.
Reach out	Contact a trusted family member, friend or healthcare professional.
Crisis support	Lifeline: 13 11 14 — available 24 hours a day, seven days a week.

Remember

Seeking counselling can be a positive step towards improving your mental health and wellbeing. The earlier you ask for support, the sooner you can begin developing healthy coping skills, strengthening your resilience and improving your overall quality of life.

Professional online counselling for individuals and couples across Australia.

Recognising that you may benefit from support can be the first step towards meaningful change.