

About the Organisation

Metro Counselling has been operating since 2002. We are a results focused practice. We specialise in helping families, couples, individuals and children improve their lives and relationships.

We offer real life strategies to assist you to reach your personal goals. Our service supports and treats everyone as a whole person.



When can I talk to someone?

For easy and convenient access, we have very flexible appointment times. All sessions are for 60 minutes (unless arranged otherwise).

It doesn't matter where you live or work, you can have direct access to our help and support. We have a choice of delivery by face-to-face, telephone, internet or video conferencing, and on-site (by arrangement), nationally and internationally. We can provide counselling within 24-48 hours.



Office Locations

Duncraig

Fremantle Landsdale
Mount Lawley Subiaco

Our Service delivery can be:

Local/National

Face to Face
Skype
Telephone

International

Skype
Telephone

T 08 9448 3210

E reception@metrocounselling.com.au

PO Box 2538, Warwick WA 6024



Metro Counselling & Consultancy Service

"We don't just listen.

We help you find

your own solutions."



CALL 08 9448 3210

With the Counselling Specialists
Appointments within 24-48 hours

www.metrocounselling.com.au

What is Counselling?

Counselling assists you to clarify a problem, identify options, and develop plans to approach and manage difficult issues in a constructive manner. The sessions are conducted in a private and confidential setting.

What is Coaching?

The ultimate goal of coaching is to support the client to reach their full potential. Coaches are trained to listen, to observe and to customise their approach to individual client needs.

Coaching is designed to help enhance the clients quality of life using a collaborative approach.

What is Mediation?

Mediation is a process in which the parties to a dispute, with help from the mediator, identify the disputed issues, develop options, consider alternatives and endeavour to reach an agreement.

Mediation also saves considerable amounts of money and time for most businesses and individuals who choose it over litigation.



What else do you offer?

We have a number of programs that we can deliver to a group or individually. Programs can also be tailored to address specific issues. With all our programs, we look at work and home-life balance to address the A-Z of life's obstacles.

How we work with you?

We can help you to identify specific issues that are having a negative impact on your life.

Some of these issues include:

- Lack of communication.
- Conflict and tension.
- No personal boundaries.
- Work/family life imbalance.
- Parental responsibility.
- Loss of trust.
- Separation, Divorce.
- Grief and Loss.
- Unclear financial goals
- Emotional issues
- Substance abuse
- Gambling and addiction

How we achieve results

We use counselling, coaching and mediation approaches to get that life-balance back. We help you identify your goals and objectives.

Confidentiality

All sessions are confidential with the only exception to this being where the Counsellor has a Duty of Care to take action to prevent serious risk or harm to a client or another person, or with your written consent.



Who delivers the service?

Metro Counselling have a group of highly trained specialists including clinical and registered psychologists, counsellors, and social workers, with years of experience across a range of disciplines.

All professionals are accredited members with the Australian Counselling Association, Australian Psychological Society, and Australian Association of Social Workers.

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