



**MEDIA RELEASE – July 2025**

## **LIFELINE COUNSELLING SERVICES** ***Flexible, Trustworthy, Affordable***

Lifeline Harbour to Hawkesbury Sydney (Lifeline H2HS) offers affordable, caring support for individuals, couples, and families — in a safe, confidential and non-judgemental space.

Lifeline offers highly qualified counsellors who help build resilience and coping strategies so you can move forward.

Lifeline H2HS's personal counselling service can help with depression, anxiety, stress, relationship-issues, grief and loss, suicide bereavement, sleep problems and general mental health concerns.

The accredited counsellors\* use evidence-based methods which may support you in improving your mental wellbeing, so you can face life's challenges more confidently.

The appointment-only service runs for individuals and couples (18 years and over) from 9am to 5pm, Monday to Friday, with some after-hours appointments available.

Sessions are held in person in Lifeline H2HS's Gordon and North Sydney offices, with parking and public transport nearby. Telehealth consultations can also be arranged.

Lifeline H2HS's low-cost individual and couples/families counselling service uses a sliding scale of individual circumstances to ensure that cost isn't a barrier to accessing support.

**Counselling also available in Mandarin 并且提供中文心理咨询服务。**

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\*Psychotherapy and Counselling Federation of Australia (PACFA)  
[Lifeline Harbour to Hawkesbury Sydney](#)

## Are you ready?

For more information on Lifeline Harbour to Hawkesbury Sydney's Counselling Services, available both in English and Mandarin, please visit: [www.lifelineh2hsydney.org.au/get-support/counselling-services/](http://www.lifelineh2hsydney.org.au/get-support/counselling-services/)

## Reach out today:

Call: [02 8287 1126](tel:0282871126)

Email: [appointments@lifelineh2h.org.au](mailto:appointments@lifelineh2h.org.au)

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Lifeline provides 24-hour  
crisis support via *phone*  
on **13 11 14**, *webchat* at  
[www.lifeline.org.au](http://www.lifeline.org.au)  
and via *text message* on  
**0477 13 11 14.**