

Personal Counselling Services

Mission Australia Return-to-Work Solutions



Mission Australia

Employment
Solutions

If you're having problems with your self-esteem, or if the process of finding work fills you with anxiety or makes you depressed, our personal counselling services could help.

Personal counselling can provide you with short term assistance to improve your confidence and coping skills to help you return to the workforce. It may involve:

- Developing a clear understanding of your situation
- Confronting any barriers you may have to finding a job, such as negative thinking
- Developing strategies and techniques to help you manage your feelings of stress, anxiety or other emotions.

If you'd like further help with your confidence and self-esteem, talk to your Employment Consultant and ask them to refer you to our personal counselling program. After you've been referred, we'll contact you to arrange an appointment time and to answer any further questions you may have.

To find out more about personal counselling, visit our website www.employmentsolutions.com.au/returntowork



Contact us

If you have any questions, please contact us on 1300 449 585.
We'll do our best to help.

www.employmentsolutions.com.au/returntowork



Mission Australia

Employment
Solutions