

WHO CAN ACCESS THE SERVICE

This service is available to members of the community who are directly impacted by the Marinus Link project and who may be experiencing genuine distress regarding the project and its impact, whether personal or business related.

HOW THE SERVICE WORKS

We provide short term intervention to help you through difficult times whilst the Marinus Link project is being undertaken. We can offer counselling in a wide range of languages if required.

Simply call 1300 830 687 and quote MARINUS and one of our friendly staff will arrange a phone, video or face-to-face appointment for you.



CONTACT US



1300 830 687

Quote
MARINUS



FOR YOUR NEAREST
LOCATION PLEASE
VISIT:

newviewpsychology.com.au



COMMUNITY SUPPORT SERVICES

Free Counselling
Strictly Confidential
Professional
Independent



SEEKING SUPPORT CAN BE DIFFICULT

Particularly when you're feeling stressed or worried. You may feel no one will understand.

If you are experiencing any of the below it is important that you seek support:

- Struggling to cope, feeling overwhelmed or out of control
- Experiencing anxiety and general stress
- Having sleeping difficulties
- Experiencing lowered motivation
- Losing touch with your social network or social isolation
- Experiencing more irritability / emotional outbursts
- Making more mistakes at home and at work
- Recent experience of poor concentration / attention
- Financial difficulties causing distress

BENEFITS OF SEEKING SUPPORT:

- A restored capacity to feel less stressed, anxious or worried
- Restoration of feelings of control
- Improved work, social and domestic functioning – 'getting the balance back'
- A new perspective on the situation
- Prevention of problem escalation

NVP is an independent third party, you can rest assured that the service is strictly confidential. NVP abides by mandatory privacy Acts & Principles and also Professional Standards and Codes of Ethics.

WE CAN SUPPORT YOU

With any of the following:

- Stress
- Anxiety & low mood
- Anger & emotional regulation
- Grief and Loss/ Adjustment difficulties
- Family Issues/Impact
- Sleeping problems
- Financial distress
- Impact on livelihood
- Difficulty coping with change
- Displacement
- Difficulty coping with environmental stressors (noise, dust & construction impacts)
- Addiction problems in order to cope with change (increased alcohol, smoking or other drugs)