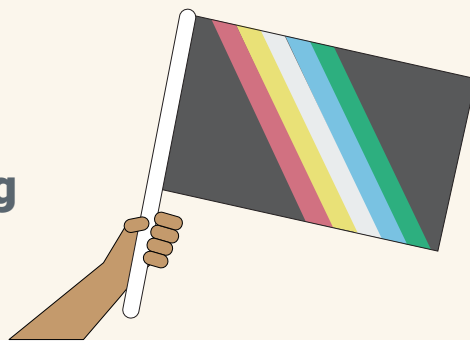


Sexual Health Quarters Disability Counselling



The Disability Team at SHQ offer a range of counselling options. We provide counselling for children, young people, and adults with a disability, either face to face or via Telehealth. We can also provide group sessions for parents, carers, support workers, teachers, and other disability service professionals.

Our headquarters are in Northbridge, and we have sites in Joondalup, Mandurah, Busselton, Bunbury, and Albany.

One to One Counselling

We have been providing counselling for people with disability, for over 30 years.

Anyone can submit a referral, including self-referrals, referrals from parents and carers, allied professionals and other health professionals, disability service providers and educators.

Some of the topics that can be covered by counselling are:

- Public & Private Concepts
- Protective Education
- Respectful Relationships
- Puberty
- Couples Counselling
- Feelings
- Self-Esteem
- Counselling and support for LGBTIQ+
- Sex Education
- Masturbation
- Menstruation
- Sexual Health
- Friendships
- Hygiene and Self-care
- Assertive Communication
- Sexual Abuse counselling

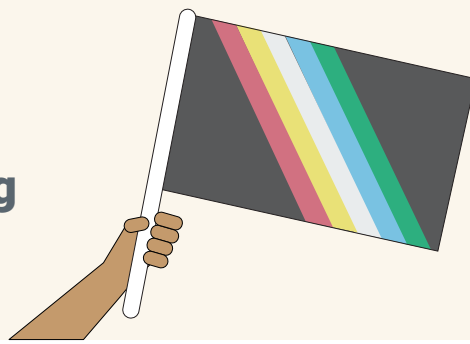
A full list of topics is available on our referral form shq.org.au/disability/counselling.

Counselling can be paid for from a persons NDIS plan or privately. For more information about NDIS charging, visit shq.org.au/disability/ndis. Please call us on 9227 6414 to discuss private charges.

Contact:

☎ 08 9227 6414 ✉ support@shq.org.au

Sexual Health Quarters Disability Counselling



Assistance for Support Networks

We recognise that parents, siblings, carers, support workers and other disability service providers may need support from time to time.

We can support through face-to-face counselling, or Telehealth. We can also offer education to support networks individually, in group sessions or webinars.

Subjects may include:

- Online safety, including pornography and sexting
- Transitioning from school
- Transitioning from home to supported accommodation
- What's it like being a sibling of a person with a disability
- Dating – how can I support?
- Menstruation – preparing and supporting your child
- Consent & protective education

This list is not exhaustive, and we are happy to tailor a programme to suit your needs. Please contact us for more information.

Counselling Request

If you would like to submit a referral, please go to shq.org.au/disability/counselling/ and complete and send in a Referral Form. Alternatively, please contact us on 08 9227 6414 if you would like to speak to our team.

For a more information, visit shq.org.au/disability

Contact:

☎ 08 9227 6414 ✉ support@shq.org.au