

TALK WITH A COUNSELLOR

- You can make an appointment by phone or email
- If you require interpreting services, please let us know at the time of making an appointment.

Counsellors offer a range of group workshops such as study skills, career options, stress management, healthy lifestyle, pathways to university and work.

You are welcome to contact us if you are a TAFE student OR you want to discuss how enrolling in TAFE can help you achieve your work and study goals.

**HELPING STUDENTS BUILD STRENGTHS,
IMPROVE WELLBEING AND SUCCESSFULLY
COMPLETE THEIR STUDIES**

TAFE NSW COUNSELLING CONTACT DETAILS

For Counselling support, appointments and enquiries, you can call us between 8.30am and 4.30pm Monday - Friday on:

**Phone: 131 601
select option 5, then option 2**

Or

Email us

[counsellingandcareerdevelopmentsupport@
tafensw.edu.au](mailto:counsellingandcareerdevelopmentsupport@tafensw.edu.au)

**Check out this link for more information about
the TAFE Counselling and Career Development
Services:**

[www.tafensw.edu.au/counselling-career-
development-services](http://www.tafensw.edu.au/counselling-career-development-services)



**COUNSELLING
AND CAREER
DEVELOPMENT**



**VISIT US FOR MORE INFORMATION AND
RESOURCES ON SUCCEEDING IN STUDY AND
ENHANCING YOUR PERSONAL WELLBEING.**

CONNECT WITH US



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TAFE^{NSW}

COUNSELLORS CAN PROVIDE ASSISTANCE WITH OR MAKE REFERRALS FOR:

- **Mental health and wellbeing**
- **Bullying harassment, domestic violence**
- **Health and sexuality**
- **Legal, financial, and housing needs**



CAREER DEVELOPMENT AND COURSE PLANNING

Success in learning is greatly aided by good course planning and TAFE Counsellors can help prospective and enrolled students to choose course options suited to them and their current situation.

- Making career plans and decisions
- Choosing the best course to meet your needs
- Career development and re-entering the workforce
- Providing information about using your overseas qualifications
- How to get recognition (RPL) for your skills, qualifications and experience
- How to use your TAFE qualifications for further study including university
- Balancing work pressures and study

SUCCEEDING AT STUDY

- Staying motivated and focused
- Improving your time management, organising your study
- Balancing study, work and relationships
- Improving concentration and memory
- Accessing educational support for your individual learning needs
- Preparing for exams and assessments
- Managing worries about dropping out.
- Information and access to scholarships

WELLBEING

Personal problems affect many students during their time at TAFE, making it harder to settle down to study. We suggest you see a counsellor who can help with:

- managing relationships, conflict and family matters
- managing worries, stress or depression
- solving problems and making decisions
- coping with loss or grief
- alcohol, drugs, gambling or other addiction problems
- feeling like dropping out or changing direction
- overcoming personal challenges to complete your training/course

WHAT CAN I EXPECT FROM COUNSELLING?

TAFE Counsellors are professionals who will listen carefully and work with you to:

- understand your concerns
- identify your options and goals
- find the best plan of action to help you achieve your work, study and personal goals
- help you develop skills and resilience to cope with life's challenges
- refer you to other services where necessary

Counselling is free and confidential. This means that your counsellor will not tell other people about the things you discuss, unless with your permission or if required by law in order to protect you or other people from harm.