

Suicide Call Back Service launches online counselling

Crisis Support Services (CSS) has launched the first online counselling project for suicide prevention in Australia. This innovative service will run as a five month pilot from April 30 to October 1, 2012 through the Suicide Call Back Service website at www.suicidecallbackservice.org.au.

The project is aimed at the carers of people at risk of suicide and people bereaved by suicide, who can receive online counselling sessions free of charge. Clients will be able to book an appointment to receive online, text-based counselling between 3pm and 9.30pm twice a week, on Mondays and Wednesdays. As with the phone component of our service, clients are eligible for up to six sessions.

The introduction of the program follows the expansion of online counselling for MensLine Australia in December last year. The online counselling service will increase accessibility to vital counselling services for people who are otherwise unable to access support due to geographical, emotional or social isolation.

CSS counsellors have been specifically trained to offer expert support and information via online counselling, including practical strategies on how to keep someone safe and take care of themselves.

Susan Rosenthal, CSS' Suicide Services Program Leader explains that this service has the potential to appeal to a different client group who are in need of support. 'Online counselling is able to transcend some of the barriers to accessing support for the majority of Australians, and provide easily accessible, professional counselling wherever it is needed,' Susan said.



SUICIDE
CALL BACK
SERVICE
free telephone
counselling