



Work First



Mental Health

Our counsellors work with individuals who are experiencing personal difficulties, to help understand and overcome their problems and to make appropriate changes in their lives.

Our Counsellors are trained to listen to, emphasize with, encourage, and help to empower the individual. At Work First – Mental Health we understand the nature of problems encountered varies for people according to the situation and can include support for depression, anxiety, management of harmful behaviour and emotions, or difficulties coping with traumatic experiences or events.

Work First Mental Health works with the general public as well as individuals who are self-managed and plan-managed participants of the National Disability Insurance Scheme (NDIS).

Our staff are trained and qualified in Customised Employment and the use of Discovery to get to know the person, their skills and interests and accordingly matches the individual with their career path. In this role, they work closely with the Work First Employment staff.

Work First – Mental Health can support the job-seeking individual, are:

- Employment counselling: Ongoing counselling to support the job seekers employment journey
- Career Design: Goal setting and self-determination
- Workplace counselling: To support the individual while in active employment
- Life counselling: Wellbeing support to improve communication and overall quality of life

This can be particularly useful if you tend to struggle with goal setting or making changes in your life. Our counsellors will help you to become self-determined in your life, giving you greater control over your employment journey.

At Work First – Mental Health we know the journey into employment can be challenging which is why quality of life considerations are an important aspect we provide specialised counselling for.

Allowing you an overall positive direction in life and your career.