



## ARCHDIOCESAN DISTRICT OF NORTHCOTE

### **BI-LINGUAL COUNSELLING AND SUPPORT LINE**

The unprecedented consequences of the Covid-19 pandemic and the subsequent crisis in our aged care homes has not only touched the Greek-Australian community but at large has made an impact on all Australians.

Together with our prayers, thoughts, and emotional support, the GWC Community services (*Greek Welfare Centre*), which is the social welfare arm of the Greek Orthodox Archdiocese of Australia, would like to advise our community of a special service set up specifically in response to the impact of the Covid-19 pandemic.

Issues such as depression, anxiety and grief, are common responses and may result in a range of emotions and behaviours.

Support services are offered to individuals, couples and families who are experiencing emotional or psychological distress due to grief, uncertainty and anxiety.

**A Bi-lingual Counselling and Support Telephone Line has been established to provide:**

- 1. Support**
- 2. Information**
- 3. Counselling**
- 4. Referral**

For information or to make an appointment to speak to a counsellor please call **1800 77 66 42 Monday-Friday 8am-6pm**

**This is a free and confidential service.**

Many of our clergy are also trained in pastoral ministry and are available to offer spiritual and sacramental counselling. Please email us on [northcote@greekorthodox.org.au](mailto:northcote@greekorthodox.org.au) to be referred to one of our trained and bilingual clergy members.