

## Media Release

# Counselling at Gay Men's Health

For immediate release, Friday 19<sup>th</sup> October 2007

**Gay Men's Health, a program of  
the AIDS Council of South Australia Inc.**

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## Counselling at *Gay Men's Health*

*Gay Men's Health* at Darling House offers a professional, confidential and free counselling service for gay, bisexual, and other same sex attracted men living in country and metropolitan South Australia. The service is peer based, meaning that your counsellor will be a gay man and therefore will have a good understanding of the gay community in Adelaide and the issues that gay and other same sex attracted men have to deal with.

### Locations

The service is based at Darling House in Norwood, but the counsellor can also see clients at the Noarlunga Health Village or the Playford Community Health Centre at Davoren Park. The counsellor is also able to make professional visits to see clients in prison. Country clients can make an appointment to speak to the counsellor by phone.

### What type of counselling?

The type of counselling used at *Gay Men's Health* is known as *brief therapy*. *Brief therapy* concentrates on a particular issue and the changes that you might need to make in your life to achieve what you want. Most clients are able to achieve these changes within six sessions, but some issues may take longer.

In these cases the *Gay Men's Health* counsellor will either refer you on to a service that can provide longer term therapy, or negotiate further sessions if other therapies are not available.

As a client of *Gay Men's Health* counselling, you are in charge of your therapy and the changes you make.

Your counsellor will not judge you nor diagnose your problem, but will work with you to help you find ways to improve your emotional health and well-being.

### What issues can I bring?

The counsellor at *Gay Men's Health* is able to help you with a range of social, emotional, sexual and behavioural, and relationship issues such as:

- discrimination and hostility at work or socially;
- feeling isolated because of your sexuality;
- coming out to family and friends;
- feeling anxious or depressed;
- conflicts with your partner;
- keeping up safe sex practices; and
- any other issue that you may wish to talk about with a counsellor.

**For appointments:**

**City callers - 8334 1606 ~ Country callers - 1800 888 559**