

Northern Frontiers Mediation & Counselling Online Counselling Services



**Phone & Videochat
or Face-to-Face**

From time to time we all face challenges in life. Finding your way forward can be difficult – but you don't have to go it alone. Counselling can help you get to the cause of your unhappiness and clear a way through by identifying your needs and exploring how they might best be met without harming others.

Online Counselling is a convenient way to access the support you need at a time and place that suits you. It's perfect for people on the go, FIFO workers or people living remotely. No need to travel or take time out of your busy work/life schedule. Get the help you need from the comfort of your own home – or from another environment of your choosing.

How Online Counselling works...

➤ **Live Chat**

- Live Chat is similar to face-to-face counselling sessions in that you will be responding to each other in real time, but via text/typing rather than talking... and when the session ends you'll still have a written record to review in your own time. Your counsellor will be online ready to speak with you as if you were with us face-to-face. We currently use the following services, and please state your preference when booking: WhatsApp, Messenger (text or video), Skype (text or video), Zoom (text or video).
- Live Chat sessions are a minimum of 30 minutes duration and cost \$45.00, with additional 15 minute blocks able to be purchased prior to your session for \$25.00. Bookings are required, to arrange, email reception@northernfrontiers.com.au or call 1300 90 81 70. Once bookings are confirmed we will email details of your session, along with access details for your chosen platform (Messenger, WhatsApp etc.).

➤ **Video Chat**

- For clients living remotely, or for those who prefer to undertake counselling from the comfort of their own home, office or holiday location, we provide videochat services using Skype, Zoom, Face time and WhatsApp. The Counsellor will contact you via your preferred platform and you will be able to see each other, and discuss issues freely as if you were in the same room.
- Individual Counselling sessions are a standard 50 minutes (longer sessions available by prior arrangement) at a cost of \$110.00.

CALL:	1300 90 81 70
EMAIL:	reception@northernfrontiers.com.au
WEB:	www.northernfrontiers.com.au