

MEDICATION SUPPORT AND RECOVERY SERVICE

COUNSELLING



INDIVIDUAL COUNSELLING

Counselling sessions are focused on your goals. Our MSRS Counsellors use evidence-based approaches to help you manage your medication use. We can also help with other issues such as anxiety, depression, other substance use, relationship problems and more.



LEARN NEW SKILLS

Counselling can help you learn new skills in different areas of your life— like overcoming cravings and triggers, communication skills, managing emotions, mindfulness and improving relationships.



HARM REDUCTION

Our counsellors can help you learn more about the harms of medication misuse, and how to reduce them. They can provide strategies for using your medications more safely.



SHARED CARE

Counsellors can help you manage different services involved in your care, and chat to the other people helping you. We can make sure everyone is on the same page, so you can achieve your goals more easily.



SUPPORT FOR FAMILIES AND LOVED ONES

Our counsellors can also provide support to families, friends and loved ones who might be concerned about someone's medication use.



NEED MORE INFO?

Give us a call on:
1800 931 101
or visit our website:
www.msrs.org.au