

Emotional Support and Counselling for People Affected by Adoption

People affected by adoption sometimes seek emotional support or counselling and want to speak with a counsellor who has specific experience / training in adoption-related issues.

To get emotional support or counselling assistance your options include:

- **The Forced Adoption Support Service (FASS) at Jigsaw Qld offer short term counselling / emotional support** (up to 6 sessions) for issues related to adoption. Sessions can be offered face-to-face (in Brisbane) or via Skype or phone. This is a free service. If longer term therapeutic counselling is needed, FASS can assist you with locating a suitable counsellor.

Phone: FASS (Jigsaw Qld) P: 1800 21 03 13 (from within Qld) or (07) 3358 6666

Email: support@jigsawqld.org.au

Website: <https://www.jigsawqueensland.com/forced-adoption-support-service>

- **Longer term / therapeutic counselling**

Post Adoption Support Qld (PASQ) at the Benevolent Society offers specialist adoption-related counselling face-to-face (in Brisbane) or via Skype or telephone. Contributions are encouraged for some services but no one will be refused a service if unable to pay.

Phone: (07) 3170 4600

Email: pasq@benevolent.org.au.

Private counselling—There are some of private counsellors available with specific experience in counselling people affected by adoption. The numbers are gradually building with the availability of training through the Australian Psychological Society (APS). *FASS have a list of professionals who have completed this training.*

Fees: Some private counsellors (psychologists / mental health / social workers) have Medicare accreditation which means if your GP refers you under a Mental Health Plan to one of these providers you will receive a rebate on fees. However there is often a gap between the fee charged and the rebate. You need to check with the provider about their fees and the gap you would have to pay. If you are on a low income or pension you can ask if the provider is willing to “bulk bill” so there is no gap fee. For counsellors who are not Medicare accredited you may be able to get a rebate from a private health fund if you have private health insurance. Check with your health fund and the counsellor.



Hints on finding the right counsellor for you:

- Check that the counsellor is qualified. Counsellors should have a graduate (degree) or post graduate level (Masters or PhD) training in psychology, social work and / or counselling. They may also be a member of a relevant professional organisation such as the Australian Psychological Society (APS), AASW (Australian Association of Social Workers) or PACFA (Psychotherapy and Counselling Federation of Australia)
- As well as skills and experience, the best counsellor for you will be one that you can form a relationship with, as this is critical to the counselling being effective. So you may have to make contact with a number of counsellors to find the one that is the right fit for you.
- Think about what issue you want to focus on in your counselling, so you can tell the counsellor about what specifically you are struggling with at this time.
- If you have had counselling previously, think about what has worked or not worked in the past so that you can tell the counsellor about this.
- Look at the counsellor's website to get some information about their qualifications, skills, experience and their approach to counselling.
- Contact the counsellor and ask to speak with them before making an appointment. This will give you some idea of the person and if you think you can relate to them.
- Ask if they have done the APS training and / or have experience in working with people affected by adoption, or if they would be willing to do this training.
- Check about fees. Ask if they have a Medicare rebate and what the gap will be, and if they bulk bill for low income clients.

For Crisis support after hours, you can contact the following 24 hour services:

Lifeline—13 11 14

Beyond Blue—1300 22 46 36

Men's Line Australia—1300 78 99 78

Suicide Call Back Service—1300 659 467