



Session by session support

headspace Hawthorn & Malvern

What is session by session support?

Session by Session support, originally known as "Single Session Therapy" is an approach to counselling, which makes the most of each session with young people and/or carers. Research suggests that one session at a time can be helpful, and enough to make progress. Session by session support lays the foundation for ongoing therapy if required and requested by you.

Individual sessions are guided by you, and what you would like to discuss with your clinician. You can attend one session if that's all you want, or you can contact us at a later time to book another session.

How do I make an appointment?

To make an appointment, please call your preferred centre (Hawthorn or Malvern) and chat with our intake team.

What you need to know

- Appointments are free, and available to young people aged 12-25 and/or carers
- We want to help you sooner rather than later, which means you may not see the same clinician each time
- Our clinicians will help decide if you want to attend another session by session appointment, or decide if one is enough for now. We can offer ongoing support if this is suitable for you.
- Sessions can be by phone, video or face-to-face
- If your doctor, school or other service/person refers you, we will let them know we have contacted you. We will not break confidentiality about what is discussed in the session unless there are concerns for your safety - we will always try and chat with you first about this.
- We will ask you for feedback on your session.

Got any questions?

We are here to help you, and answer any questions you have. You can call us during opening hours, or email headspace.intake@accesshc.org.au.

- headspace Hawthorn - 03 9006 6500
- headspace Malvern - 03 9006 6550