



Rebekah Barson

Individual and Relationship Counsellor

Phone : 0418 544 568

Email : rebekahbarson@gmail.com

Rooms : Armadale and South Yarra

Pregnancy Support Counselling Medicare Funded

Are you currently pregnant or have you been pregnant in the last 12 months?

Did you know that you can claim three Medicare funded Pregnancy Support Counselling sessions?

Every woman and every pregnancy is unique. It can be helpful to talk to someone about any issues you have associated with your current pregnancy or past pregnancy experiences.

Counselling gives you a safe space to explore issues and understand your unique situation. You can be honest, without fear of embarrassment or judgement, and with the assurance of confidentiality.

Some of the issues that women may like to discuss in Pregnancy Support Counselling include:

- Being pregnant
- Pregnancy loss
- Managing unplanned or unwanted pregnancy
- Your relationship
- Pre or post natal mental health
- Personal lifestyle and identity
- Approaching motherhood
- Fear due to previous miscarriages or pregnancy losses
- Handling difficult emotions
- Financial concerns
- Feelings and decisions about the birth
- Difficult birth experiences
- Coping with terminations
- Body image concerns
- Knowing your support options

To access Medicare funded Pregnancy Support Counselling, just ask your GP to write a signed and dated referral letter to Rebekah Barson.

Call me today for a friendly and confidential chat.