Helm. Behavioural Health Specialists

Taking The Next Step With Helm

"It's difficult to take the next step, but once you do, you won't look back"

Andy, 40

You might find it hard to manage your emotions, use drugs to deal with how you're feeling, drink or gamble to excess. Often these behaviours not only impact you, but those you love, and you know you need to start making different choices.

Helm specialises in helping get lives back on track, confidentially and without judgement.

An innovative new service, Helm is the brainchild of professionals with almost 30 years' experience helping tackle issues causing distress and disruption. We know what works, and we know how to action effective behavioural health plans designed for individuals and their unique situations.

Helm offers counselling and other support services that can be accessed quickly, online, in-person or over-the-phone. Our programs are led by a team of qualified counsellors, coaches and psychologists who are available six days a week at a time that suits you.

You can also book a 20-minute advisory session with one of our trained professionals. They can discuss your specific situation, answer any questions you might have and help you understand what service might be right for you. Or, if you're ready to make a booking, initial consultations are currently available. Visit our website takethehelm.com.au or give us a call on 1300 388 576.

We're here to help.