



WHAT IS FIX IT COUNSELLING?

Fix It Counselling is a no bullshit service for people who want to fix an issue and get life sorted. It's a service where there's no judgments, no long-winded professional dialogues with fancy words, no lying on a couch, no incense or chimes, no sand play or any other warm and fuzzy stuff.

At Fix it Counselling we like to cut to the chase, to call a 'spade a spade' and to get in and get it done. We're a solution focused, task orientated counselling service for people who are ready to fix what's going on.

The Fix It office isn't the usual kind of counselling space either. It boasts a highset bar table and stools, dart board, flat screen TV, mini fridge - although ginger beer is the closest 'beer' you'll find in it and awesome coffee.

You can meet face to face at the Manoora office or via phone or video telehealth formats from the comfort of your home.

WHO YOU WILL SEE

Kylie Nix is an Accredited Mental Health Social Worker who has worked with men and in a male dominated workforce for the last 18 or so years (Corrective Services, Department of Defence and in private practice) and understands that some people don't want to sit on a couch in a 'traditional' counselling style office, but do want to fix what's going on in their lives. Kylie's main areas of are in domestic violence behaviours and forensic mental health, including sexual behaviours, relationship separation and Family Law, addictions and FIFO lifestyle and adjustment. Her approach is action and outcome focused based on client's goals.

OPEN HOURS

Tuesday to Friday 9am to 5pm. You can make live online bookings via the website or contact Kylie on 0418 986 293 and kylie@fixitcounselling.com.au.

AREAS OF INTEREST

- Relationship and family issues
- Domestic violence behaviours
- Forensic mental health / Corrective Services
- Anxiety
- Depression
- Improving personal relationships
- FIFO lifestyles
- Family Court and co-parenting matters
- Managing emotions
- Substance and addiction
- Problem solving
- Suicide, at-risk and self-harm concerns
- Performance and human resource management issues
- Clinical supervision of professional human services staff

Please note, Fix It Counselling is for individual's over the age of 18. We do not specialise in youth or young people.



Call Kylie on **0418 986 293** or visit www.fixitcounselling.com.au for bookings and more information

