

IT'S OKAY TO ASK FOR HELP

If you're feeling a little overwhelmed and need some assistance, please click on any of the below mental health organisations for free and confidential counselling services.

D'Accord
occupational assistance services

Aus - 1300 130 130
NZ - 0800 449 127



Call - 13 11 14
Text - 0477 131 114



Call - 1300 224 636



Call - 1300 789 978



Call - 13 92 76



Call - 0800 044 334
Text - 4334



Call - 0800 543 354
Text - 4357



Call or text - 1737



Call - 0274 545 887