



Do you need to talk to someone?

Call 1300 022 946
Talkitoutmurray.org.au

Free professional counselling support across the Murray PHN region

Talk It Out provides free phone and online counselling to people living or working in the Murray PHN region.

Professional support is available to anyone aged 15 or over, 24 hours a day, seven days a week.

Talk It Out is a free telephone and online counselling service for people in the Murray PHN region.

Talk It Out provides help and support for people who are worried, stressed or overwhelmed. You can get in touch if you're concerned about things like:

- Worry and anxiety
- Anger
- Hopelessness and depression
- Drug and alcohol abuse
- Grief and loss
- Isolation and loneliness
- Relationship and family problems
- Suicidal thoughts
- Wellbeing
- Work stress

What to expect?

Professional counsellors are there to listen to your story, and help you cope. They will work with you to develop a plan to help you manage your concerns.

Call 1300 022 946 or visit **Talkitoutmurray.org.au** to speak to a counsellor. Help is available to anyone aged 15 or over, 24 hours a day, seven days a week.

This service is funded by



An Australian Government Initiative

Delivered by



We acknowledge the Traditional Custodians of the lands and seas on which we live and work and pay our respects to Elders past and present.

