



Access our services anytime.
Chat with us online 24 hours
a day, 7 days a week.



ALCOHOL & DRUG
Counselling ONLINE
a TURNING POINT service

*“I felt heard and
respected, and didn’t
have my motives or
emotions questioned
once.”*

— Counselling Online Community Member

LOOKING TO CHANGE

YOUR RELATIONSHIP WITH ALCOHOL?



Turning Point

TREATMENT · RESEARCH · EDUCATION

Counselling Online acknowledges the traditional custodians of the land upon which our health service is built, the Wurundjeri people, and pays our respects to their elders, past and present.

Counselling Online is an inclusive support service.



Free and confidential online support is available

Counselling Online provides 24/7
support to people across Australia
affected by alcohol or drug use.



Maintaining change

Counselling Online can help you to actively take steps towards your recovery.



How we can help you

At Counselling Online, we support people at all stages of recovery. Operating 24/7, our digital community are ready to help you when you are in need.



Where are you in your recovery?

- ☐ I recently made changes to my alcohol use.
- ☐ I am waiting to receive treatment.
- ☐ I am in treatment but require additional support, particularly after hours.
- ☐ I am working to prevent a relapse.
- ☐ I want to connect with other people with similar experiences.

Whether you need a chat to get you through a moment, a longer conversation to work through a greater difficulty or if you have an immediate need, we are here and able to support you.

“ I keep trying but keep grappling with relapse on lonely days. It’s hard. Thank you for this forum.”

— Counselling Online Community Member



Need to chat?

Connect with an online counsellor for free and confidential support.

Want peer support?

Join our forums to connect with people who are making changes to their substance use.



Seeking motivation?

Sign up for our free, 28-day SMS program to give you tips when you need support.

Ready to track your progress?

Our online assessments can help you to see what you can do next.



Looking for self-help strategies?

Complete our modules on motivation, goal setting and identifying values.

Have a quick question?

Our counsellors are available to give you an answer via email.



www.counsellingonline.org.au

