



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



ALCOHOL & DRUG
Counselling ONLINE
a TURNING POINT service

“*This community
and the 24/7
counselling have
been pivotal to my
journey so far.*”

— Counselling Online Community Member

**WE SUPPORT
PEOPLE**

**AFFECTED
BY ALCOHOL
AND OTHER
DRUGS**



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.**



How we can help

Counselling Online can assist you in every moment of recovery.

A service for anyone who is concerned about their own drinking or drug use or concerned about a family member or friend.



Speak with a counsellor

Do you need to talk? Chat with one of our professional counsellors. Free, confidential and available 24/7.



Self-help strategies

It can be hard to know where to start. We have a range of self-help tools that can get you moving.

A place to connect

Our forum is a place to talk with people who share your experience. Find ways to cope and get inspired.



Sign up and see progress

Create a profile to access a range of services and track your progress in our free and confidential member portal.



SMS support

Our SMS messages help keep you on track. Sign up to one of our free programs to motivate, inspire you and give you tips when you need them.



Email a counsellor

Do you have questions but not a lot of time? Our counsellors are available by email to assess your situation and suggest options.

Assess your situation

Complete an online self-assessment to understand your situation.



I want to stop using ICE

Has your life changed after using ICE? We can help you get back on track with information and support options.



Stories of recovery

Visit our website to read stories from others in recovery.



www.counsellingonline.org.au

