

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



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



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.



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



#### **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.

#### **Assess your situation**

Complete an online self-assessment to understand your situation.

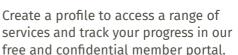


#### **Self-help strategies**



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

#### Sign up and see progress





#### **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.

#### I want to stop using ICE





#### **Stories of recovery**

Visit our website to read stories from others in recovery.





