

# Need to talk to someone?

**Call 1300 032 186**  
for free professional counselling

**REGIONAL  
ACCESS** 

[saregionalaccess.org.au](http://saregionalaccess.org.au)

# Regional Access provides free professional counselling for regional South Australia.

## How does it work?

Regional Access is a free telephone and online counselling service for people who are feeling the pressures and stresses of everyday life. The service is open to anyone who lives or works in regional, rural or remote South Australia.

You can call **1300 032 186** or visit **[saregionalaccess.org.au](http://saregionalaccess.org.au)** to speak to a counsellor. The service is available 24 hours a day, seven days a week.

## What to expect

Professionally trained counsellors will listen, support, and help you to develop strategies to manage what is causing you to feel worried or stressed. Each session is tailored to your own needs and will focus on what's going on with you.

You can also book up to three 30 minute sessions with the same counsellor.



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