

# It's ok to ask for help

Call 1300 059 625  
[nqconnect.com.au](http://nqconnect.com.au)



## Free and safe professional support across northern Queensland.

NQ Connect provides free phone and online counselling to people in northern Queensland. Professional support is available to anyone aged 15 or over, 24 hours a day, seven days a week.

 [nqconnect](https://www.facebook.com/nqconnect)  [@nqconnect](https://twitter.com/nqconnect)

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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.

**phn**  
NORTHERN QUEENSLAND  
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