

NQ Connect 

# Feeling worried?

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.

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# NQ Connect is a free and safe telephone and online counselling service for people in northern Queensland.

**NQ Connect provides help and support for people who are worried and stressed. You can get in touch if you're concerned about things like:**

- Anger management
- Anxiety
- Depression
- Drug and alcohol abuse
- Grief and loss
- Isolation and loneliness
- Relationship and family problems
- Suicidal thoughts
- Wellbeing
- Work stress

## What to expect?

Professional counsellors listen, support, and help you cope. They work with you to develop a personalised strategy that will help you manage your stresses and worries better.

**Call 1300 059 625** or visit **[nqconnect.com.au](http://nqconnect.com.au)** to speak to a counsellor. Help is available to anyone aged 15 or over, 24 hours a day, seven days a week.

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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.

