

NQ Connect



It's ok to ask for help

Call 1300 059 625
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** to speak to a counsellor. Help is available to anyone aged 15 or over, 24 hours a day, seven days a week.

This service is funded by



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Delivered by



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.

