

NQ Connect

No shame in yarning up

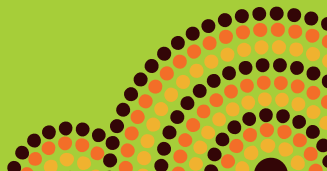
Call 1300 059 625
nqconnect.com.au

**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
- Drugs and grog
- Grief and loss
- Isolation and loneliness
- Relationship and family problems
- Suicidal thoughts
- Wellbeing
- Work stress

What to expect?

Counsellors are there to listen to your story. They work with you to develop a plan to help you manage your stresses and worries better.

Visit the website to find helpful resources on how to better deal with the pressure. You can also have a yarn with a professional counsellor. This can be on the phone or online. There's no shame in talking about it and what you say is no one's business but yours.

1300 059 625 | nqconnect.com.au.

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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.

