

Talking about it is not a sign of weakness



Call 1300 059 625

nqconnect.com.au/OperationCompass

**Free and safe professional support
for the Defence community.**

NQ Connect: Operation Compass provides free phone and online counselling to current and ex-Defence members and their families.

It's professional support that is safe, private and available 24 hours a day, seven days a week.

NQ Connect: Operation Compass is a free and safe telephone and online counselling service.

The service provides professional help and support for veterans, current and ex-Defence members, and their families. You can get in touch if you're stressed, worried, or just need to talk about things like:

- Anxiety
- Depression
- Drug and alcohol abuse
- Grief and loss
- Isolation and loneliness
- Financial stress
- PTSD and trauma-related issues
- Relationship and family problems
- Suicidal thoughts
- Transitioning to civilian life
- 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 better manage stresses and worries.

Call **1300 059 625** or visit **nqconnect.com.au/OperationCompass** to speak to a counsellor. Help is available 24 hours a day, seven days a week. And remember, talking about it is not a sign of weakness.

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Delivered by



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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.

