

# Stressed about work?



CONNECTIONS  
WESTERN SYDNEY

## Helpline

Free professional counselling for western Sydney

**Call 1300 096 273**

[ontheline.org.au/wshelpline](https://ontheline.org.au/wshelpline)

# Connections Western Sydney Helpline provides free professional counselling for the western Sydney region.

## How does it work?

Connections Western Sydney Helpline is a free telephone counselling service for people who are feeling the pressures and stresses of everyday life. The service is open to anyone who lives or works in the western Sydney region.

You can call **1300 096 273** to speak with a counsellor or visit **[ontheline.org.au/wshelpline](https://ontheline.org.au/wshelpline)** for more information. The service is available 24 hours a day, seven days a week.

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## What to expect

Professionally trained counsellors will listen, support, and help you to develop strategies to manage what is causing you to feel worried or stressed. Each session is tailored to your own needs and will focus on what's going on with you.

You can also book up to three 30 minute sessions with the same counsellor.



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