

NQ Connect



Supporting you through tough times



Call 1300 059 625
nqconnect.com.au/floodsupport

Free counselling and professional support across western and northern Queensland.

NQ Connect provides free telephone and online counselling to people in western and northern Queensland who are worried, stressed or affected by floods and natural disasters.

The service is available to anyone aged 15 or over, 24 hours a day, seven days a week.

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

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

- Anxiety
- Depression
- Drug and alcohol abuse
- Feeling hopeless
- Grief and loss
- Isolation, disconnection and loneliness
- Relationship and family problems
- 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/floodsupport** 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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Delivered by



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Western & Northern Queensland PHNs



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.

