



# Need to talk to someone?

Call 1300 022 946  
[Talkitoutmurray.org.au](http://Talkitoutmurray.org.au)

Free professional support for those who live or work in the Murray PHN region.

Talk It Out provides free phone and online counselling to people aged 15 or over, 24 hours a day, seven days a week.

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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.



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