

Access our service anytime
Speak to us online
24 hours, 7 days

Visit our website:



www.counsellingonline.org.au

or scan the QR code:



Follow us on social media:



[@CounsellingOnlineAU](https://www.facebook.com/CounsellingOnlineAU)



[@CounsellingOnAU](https://twitter.com/CounsellingOnAU)

Counselling ONLINE

We support people affected
by alcohol & other drugs.



The smallest step can make a
difference so let us help you today.



Turning Point
TREATMENT · RESEARCH · EDUCATION

Counselling Online is a program funded by the Australian Government's Department of Health and is operated by Turning Point.

www.counsellingonline.org.au



[@CounsellingOnlineAU](https://www.facebook.com/CounsellingOnlineAU)



[@CounsellingOnAU](https://twitter.com/CounsellingOnAU)

How we can help



A service for anyone who is concerned about their own drinking or drug use or concerned about a family member or friend.

Counselling Online can assist you in every moment of recovery:

Speak with a counsellor



Do you need to talk? Chat with one of our professional counsellors. Free, confidential and available 24/7.

A place to talk to others



Our forum is a place to talk with people who share your experience. Find ways to cope and get inspired.

SMS Support



Our SMS messages help keep you on track. Sign up to one of our free programs to motivate, inspire you and give you tips when you need them.

Assess your situation



Complete an online self-assessment to understand your situation.

Self-help strategies



It can be hard to know where to start. We have a range of self-help tools that can get you moving.

Sign up and see progress



Create a profile to access a range of services and track your progress in our free and confidential member portal.

Email a counsellor



Do you have questions but not a lot of time? Our counsellors are available by email to assess your situation and suggest options.

I want to stop using ICE



Has your life changed after using ICE? We can help you get back on track with information and support options.

Stories of recovery

Visit our website to read stories from others in recovery.

www.counsellingonline.org.au



Recovery is different for everyone, but reading other people's experiences can show you what is possible.