

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



**Are you concerned
about your
drinking?**

Visit our website:



www.counsellingonline.org.au

or scan the QR code:



Follow us on social media:



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Free and confidential support is available



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

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Do I need to make a change?

If you aren't sure whether you need to make a change, have a think about these questions:

- Do you feel like drinking has taken over other activities or commitments in your life?
- Do you spend more money on drinking than you plan to?
- Have you been increasing your drinking over time?
- Do you find that you can't stop drinking once you have started?
- Do you use drinking to help escape problems or negative emotions?
- Do you miss important things because of your drinking?
- Do you feel guilt or remorse after drinking?
- Have you, or someone else been hurt because of your drinking?
- Has a relative, friend, doctor or other health care worker been concerned about your drinking and suggested you cut down?

If you answered yes to one or more of these questions it might be time to make a change.

How we can help

Counselling Online can assist you in every moment of making a change:



Chat with a counsellor

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



Get support from peers

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



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 where you are at

Complete an online self-assessment to understand where you are at and what to do next.



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.



Email a counsellor

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

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