

Aboriginal and/or Torres Strait Islander Support Line



Life isn't always easy, and sometimes we all need a little help and someone to talk to.

Be supported by a clinician who identifies as a First Nations person or a clinician with lots of experience working with Mob in the city and remote communities. It's your choice.

The service is:

- ✓ **Free**
- ✓ **Confidential**
- ✓ **Available face-to-face or via telephone**

You might need a yarn about:

- Relationships
- Bullying and harassment
- Work/life balance
- Balance community and personal responsibilities and obligations
- Sorry Business
- Parenting
- Isolation and loneliness
- Motivation
- or any issues that affect your body, mind or spirit.

1800 816 152



Frequently Asked Questions

How do I book an appointment?

Call the Aboriginal and/or Torres Strait Islander Support Line on 1800 816 152.

Our Contact Centre is available from 7 am – 9 pm AEST, Monday to Friday (excluding public holidays).

Can I speak to a clinician who identifies as Aboriginal or Torres Strait Islander?

Yes. When you call our dedicated support line, you can choose to book an appointment with a clinician who identifies as a non-indigenous person who has lots of experience working with mob.

What are the different ways I can access support?

Face-to-face, video or via telephone.

What can I expect from my first appointment?

We understand that reaching out can be a hard step. Our team are here to support you to be your best. They do this by having a casual, non-judgmental conversation about the issue you're experiencing. They then provide helpful strategies to help you deal with the situation.

Will my workplace know I'm accessing support?

Absolutely not. Your conversations are completely confidential. We do not share any information with your employer about who is accessing the service and why. The only way someone will know you're accessing the service is if you tell them.



Meet the artist behind the artwork

Tyrown Waigana is a Wandandi Noongar (Aboriginal) and Ait Koedhal (Torres Strait Islander) multidisciplinary artist and graphic designer. The design symbolises people, story, meeting and holistic connection within the community.

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