

Flood support

Free counselling 24/7

Call 1300 059 625

nqconnect.com.au/floodsupport

You've lived through two natural disasters.

First years of drought, and now floods that are equally devastating. Such extremes can leave you feeling hopeless and overwhelmed.

At NQ Connect, we're here to help. Call us now.

What is NQ Connect?

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

NQ Connect provides help and support for people who are worried, stressed and affected by floods. We can help with 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

Our professional counsellors will listen, support and help you feel better, and connect you with available support in your community.

Call 1300 059 625 or visit nqconnect.com.au/floodsupport to speak to a counsellor.

Help is available 24 hours a day, seven days a week and it's free.

This service is funded by

phn

An Australian Government Initiative

Northern & Western Queensland PHNs

Delivered by

 **on the line**

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.

