

# YOU'RE NOT ALONE

A national multilingual telephone support line for people living in Australia affected by distressing events, here or overseas.



If distressing events here or overseas are feeling overwhelming, you're not alone.

If you've been affected by distressing events here or overseas, you may be carrying a lot right now. There is a space where you can talk, feel heard, and find support that works for you and your family.

You'll be speaking with trained counsellors who speak your language and understand your context, backed by over 30 years of experience supporting people affected by war and refugee trauma.

**FREE CALL 1800 845 198**

 Confidential & private

**We can talk with you in the following languages:**

- Arabic
- Dari
- Hebrew
- English
- Ukrainian
- Farsi

and in other languages with an interpreter

**Monday to Friday**

**9AM - 8PM**

(Australian Eastern Standard Time)