

If you or someone
you know needs
support during
these difficult
times **we're
here to talk.**

Sometimes you just need

Someone to talk to

1300 655 598

Monday-Friday 10am-3pm

Bethany COVID-19 Support Line

counsellors can provide support based on your specific needs, including:

- Anxiety and stress impacting your relationships
- Financial stress, including provision of emergency relief
- Parenting and family support
- Gambling related harm

If you, or someone you know needs someone to talk to, **call 1300 655 598**

The impacts of COVID-19 can be devastating.

Sudden loss of income, social isolation and working from home can increase your levels of stress and anxiety.

Bethany Community Support has been operating for more than 150 years and believe that every person, whatever their background, circumstances and life stage deserves a fair go.

