

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

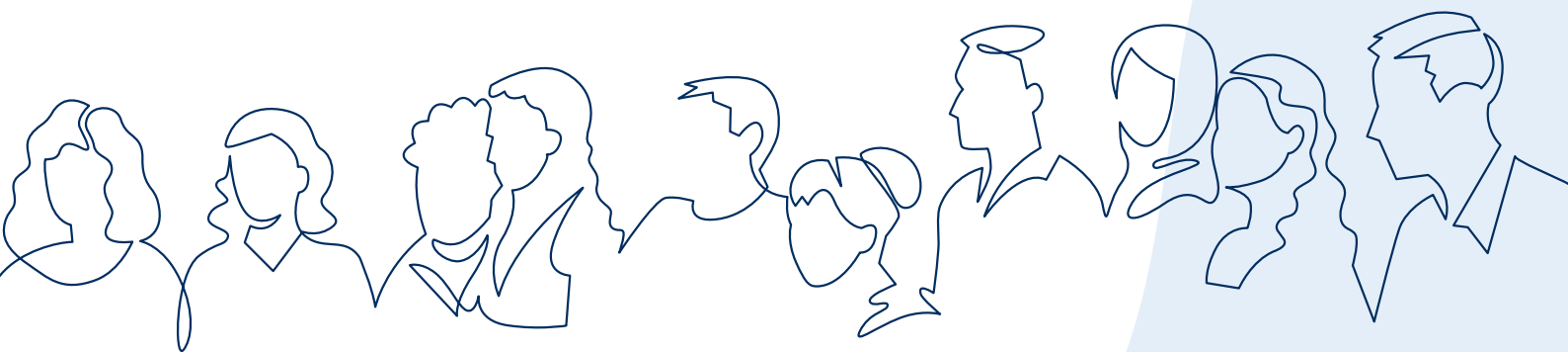
The impacts of COVID-19 can be devastating.

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

Bethany 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**



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.