

Is work stress impacting your life?

Is life stress impacting your work?

We're Hear2Talk - Call 1300 428 255



Phone-based support for all workers in NSW  
available between 12-8pm, 7 days a week.

Call 1300 H2TALK (1300 428 255)

Hear2Talk  
1300 H2 TALK

[neaminational.org.au/CallHear2Talk](http://neaminational.org.au/CallHear2Talk)

A Neami National service funded by the NSW State Insurance Regulatory Authority



- Wellbeing phone support
- Free, independent and confidential
- Available 7 days a week, 12pm-8pm
- Call doesn't need to be work-related
- Speak with experienced and qualified Peer Workers who understand
- Call-back service to ensure you get timely support
- Complementary to EAP where it exists
- Available to all workers across NSW.

1300 428 255

