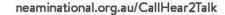


Phone-based support for all workers in NSW available between 12-8pm, 7 days a week.

(all 1300 H2TALK (1300 428 255)









- 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

