

Need someone to talk to?

For wellbeing support  
Call 1300 428 255



**Free, confidential and independent support from  
someone who understands.**

Phone-based support for anyone who works in NSW available  
between 12pm - 7pm, Sunday - Friday.

**Call 1300 H2TALK (1300 428 255)**

**Hear2Talk**  
1300 H2 TALK

 **neami  
national**

[neaminational.org.au/Hear2Talk](https://neaminational.org.au/Hear2Talk)

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