



Chat with us 24 hours a day,
7 days a week.

Available anytime, anywhere.



ALCOHOL & DRUG
Counselling ONLINE
a TURNING POINT service

Celebrating
20
years

*“This community
and the 24/7
counselling have
been pivotal to my
journey so far.”*

— Counselling Online Community Member

**WE SUPPORT
PEOPLE**

**AFFECTED
BY ALCOHOL
AND OTHER
DRUGS**



Turning Point

TREATMENT · RESEARCH · EDUCATION

Counselling Online acknowledges the traditional custodians of the land upon which our health service is built, the Wurundjeri people, and pays our respects to their elders, past and present.

Counselling Online is an inclusive support service.



**24/7 free and confidential
online support is available**

**Counselling Online provides 24/7
support to people across Australia
affected by alcohol or drug use.**



Maintaining Change

Counselling Online is a support service to help you reach your goals.

How We Can Help

Counselling Online provides 24/7 support to people across Australia affected by alcohol or drug use.



Chat to a Counsellor

Do you need to talk? Speak with one of our professional counsellors. Free, confidential and available 24/7.



Self-help Strategies & Resources

Head to our online blog to read stories, discover articles and learn strategies.

Join Our Community

Our online forum allows you to anonymously connect to others who share your experience.



Track Your Progress

Access a range of services and track your progress in our free and confidential member portal.



SMS Support

Sign up for our free 28-day SMS program to get daily tips, inspire motivation and keep you on track.



Quick Questions

Our counsellors are available 24/7 and can be contacted directly via email to help you assess your situation and suggest options.

Find Out Where You're At

Our free online questionnaire can help you understand your substance use and suggest next steps.



Personal Stories

Read inspiring stories from others on the same journey as you on our website..



Seeking Support?

Visit our website to learn more about our services.

www.counsellingonline.org.au