



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

*“I felt heard, respected,
and didn’t have my
motives or emotions
questioned once.”*

— Counselling Online Community Member

LOOKING TO CHANGE

YOUR RELATIONSHIP WITH ALCOHOL?



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

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.



Where are you now?

- ☐ I'm considering cutting down or stopping my drinking.
- ☐ I've recently cut down my drinking.
- ☐ I'm waiting for treatment.
- ☐ I am in treatment but I need extra support.
- ☐ I don't want to have a lapse or relapse.
- ☐ I want to connect with people who understand.

Whether you simply want to chat or need support to work through something bigger, we're here to help you.

“I keep trying but keep grappling with relapse on lonely days. It's hard. Thank you for this forum.”

— Counselling Online Community Member



Need to chat?

Connect with an online counsellor for free and confidential support.

Looking for community support?

Join our online forums and connect with people in our community who share similar experiences.



Seeking motivation?

Sign up for our free 28-day SMS program to get daily tips.

Want to find out where you're at?

Our free online self-assessments can guide you and suggest next steps.



Looking for strategies and other resources?

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

Have a quick question?

Our counsellors are available and can be contacted directly via email.

