



# Talk it over.

**Call 1300 78 99 78**  
**mensline.org.au**

MensLine Australia is a free professional counselling service for men, available 24 hours a day, seven days a week.



menslineaus



@mensline\_au

# MensLine Australia is a national telephone and online support, information and referral service for men with family and relationship concerns.

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**Our professional counsellors are experts in men's mental health, anger management, family violence (using and experiencing), substance abuse, healthy relationships and integrated wellbeing.**

When faced with a problem, men are often more focused on solutions than talking about their feelings.

Our counsellors recognise this preference and offer a practical approach to counselling, while also encouraging men to deal with important emotional issues.

The service responds to 46,000 calls a year, and three-quarters of men call about relationship issues. Callers have access to 24-hour support, anywhere anytime.

**If you need to speak to a counsellor,**

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MensLine Australia is funded by the Australian Government Department of Social Services and is delivered by **On the Line**.