



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.



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

Our professional counsellors are experts in men's mental health, anger management, family violence (using and experiencing), substance abuse, healthy relationships and 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 over 45,000 calls and chats a year, and most men call about mental health and relationship issues. Callers have access to 24-hour support, anywhere anytime.

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