

# Call for



# what matters *most*



Free phone and online  
counselling service

☎ 1300 78 99 78 🖱 [mensline.org.au](https://mensline.org.au)

If you are struggling with your mental health  
or relationships, give us a call.

# **MensLine Australia offers free professional phone and online counselling for men concerned about mental health, relationships, and wellbeing.**

MensLine Australia supports men who are struggling with relationship problems, mental health issues, or suicidal thoughts.

The service is available from anywhere in Australia and our professional counsellors are experienced in men's issues.

If you are having a hard time or are overwhelmed, MensLine Australia can help you work through your concerns and offer practical strategies for dealing with tough situations.

**Support is available 24 hours a day,  
seven days a week.**

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