

24/7 Counselling & Support



Incolink is there for members and their families 24 hours a day, 7 days a week.




Drug, Alcohol and Gambling

This block features a light green rounded square background. At the top, there is a white icon depicting a die, a hand holding a card, a marijuana leaf, a pill, and a bottle. Below the icon, the text "Drug, Alcohol and Gambling" is written in white.


Financial and Debt Problems

This block features a light blue rounded square background. At the top, there is a white icon of a person with a dollar sign on their chest. Below the icon, the text "Financial and Debt Problems" is written in white.


Relationship Difficulties

This block features a light green rounded square background. At the top, there is a white icon of a broken heart. Below the icon, the text "Relationship Difficulties" is written in white.


Anxiety and Depression

This block features a light blue rounded square background. At the top, there is a white icon of a sad face with a sweat drop. Below the icon, the text "Anxiety and Depression" is written in white.

Stress

This block features a light green rounded square background. At the top, there is a white icon of a sad face. Below the icon, the text "Stress" is written in white.

Grief and Loss

This block features a light blue rounded square background. At the top, there is a white icon of a sad face with a tear. Below the icon, the text "Grief and Loss" is written in white.

Anger

This block features a light green rounded square background. At the top, there is a white icon of an angry face with furrowed brows and a grimace. Below the icon, the text "Anger" is written in white.

Need to talk?
For a free and confidential chat
anywhere in Victoria and Tasmania
call 1300 000 129

incolink.org.au

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Ph: (03) 9668 3061 | 1800 337 789

