

# Supporting you through tough times

**Call 1300 032 186**

**[saregionalaccess.org.au/natural-disasters](http://saregionalaccess.org.au/natural-disasters)**

## **Free professional counselling support across regional South Australia.**

Regional Access provides free and safe telephone and online counselling to people in regional South Australia who are worried, stressed or affected by drought and natural disasters. The service is available to anyone aged 15 or over, 24 hours a day, seven days a week.

This service is funded by

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