

# REGIONAL ACCESS

Free professional counselling

**1300 032 186**

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

# Feeling under pressure?

**Call 1300 032 186**

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Regional Access is a telephone and online counselling service for people in regional South Australia who are feeling the stresses of everyday life.

Support is available 24/7.

This service has been made possible by funding from Country SA PHN and is delivered by On the Line

