

A photograph of construction workers on a railway track. In the foreground, a person is holding a yellow hard hat. Behind them, two other workers are holding white hard hats. They are wearing blue jeans and black work boots. The ground is covered in gravel. In the background, a yellow train is visible on the tracks.

Feeling under pressure?

Free phone and
online counselling

Call 1300 032 186
saregionalaccess.org.au

REGIONAL
ACCESS 

Free counselling for regional South Australia

**REGIONAL
ACCESS** 

Call 1300 032 186 or visit
saregionalaccess.org.au

The service

Regional Access is a free phone and online counselling service for people who are feeling the pressures and stresses of everyday life.

The service is for anyone who lives or works in regional, rural or remote South Australia and is aged 15 years and older.

You can call us **24 hours a day, seven days a week.**

What to expect

Our professional counsellors will listen and help you develop practical strategies to manage what is causing you to feel worried or stressed.

Each session is tailored to your needs and will focus on what's going on with you.

You can also book up to three additional counselling sessions.

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