

ABORIGINAL AND TORRES STRAIT ISLANDER SUPPORT LINE



Life isn't always easy, and sometimes we all need a little help and someone to talk to.

Be supported by a team of clinicians who either identify as, or who have in-depth cultural awareness and experience in supporting Aboriginal and Torres Strait Islander Peoples.

The service is:

- ✔ Free
- ✔ Confidential
- ✔ Available face-to-face or via telephone

Our team can help you to:

- Improve your mental health and wellbeing.
- Enhance your relationships.
- Address bullying and harassment.
- Create a better work/life balance.
- Manage community and cultural conflicts of interest.
- Balance community and personal responsibilities and obligations.
- Cope with grief and loss.
- Guidance on parenting issues.
- Reduce feelings of isolation and loneliness.
- Boost motivation and interest in life.

Call 1800 816 152
to make an appointment

Benestar 
Be your best you



Frequently Asked Questions

How do I book an appointment?

Simply call the Aboriginal and Torres Strait Islander Support Line on 1800 816 152. Our team will then book you an appointment with the next available clinician who either identifies as, or who has in-depth cultural awareness and experience supporting Aboriginal and Torres Strait Islander Peoples. Our contact centre is available from 7am – 9pm AEST, Monday to Friday (excluding public holidays).

What are the different ways I can access support?

Support is available face-to-face or via telephone.

What can I expect from my first appointment?

We understand that speaking to a clinician may feel daunting, especially if you've never used a service like this before.

Our team of clinicians are here to support you to be your best. They do this by having a casual, non-judgemental conversation with you about the issue you're experiencing. They then provide you with helpful, proactive strategies to help you approach the situation.

Will my workplace know I'm accessing support?

Absolutely not! Your conversations are completely confidential. We do not share any information with your employer about who is accessing the service and why. The only way someone will know you're accessing the service is if you tell them.



Meet the artist behind the artwork

Tyrown Waigana is a Wandandi Noongar (Aboriginal) and Ait Koedhal (Torres Strait Islander) multidisciplinary artist and graphic designer.

Tyrown's artwork for Benestar symbolises people and their stories, coming together, and the holistic connection within the community.

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