

MEDIA RELEASE

New counselling service launched

2 July 2020

Murray PHN has launched a new counselling service to help community members with a variety of emotional issues, including anxiety, depression, isolation and loneliness.

Talk it Out is a free phone and online counselling service for people in the Murray PHN region who are feeling the pressures and stresses of everyday life.

The service, which is aimed at those aged 15 and over, is provided by professionally trained counsellors who will listen and help people develop strategies to manage what is causing them to feel stressed or overwhelmed.

Talk it Out is available 24 hours a day, seven days a week on 1300 022 946 or by visiting www.talkitoutmurray.org.au and signing up for online counselling.

The Talk it Out service is delivered by On the Line, the national provider of MensLine Australia, Suicide Call Back Service and SuicideLine Victoria.

Matt Jones, Murray PHN CEO said, “We’re excited to start delivering this essential service to our communities, partnering with On the Line to improve the health and wellbeing of people in the Murray PHN region.

“With the current COVID-19 pandemic and the bushfires over summer, we have seen the impact on mental health across our communities. We also know that at any one time, around one in five adults in the Murray PHN region is experiencing mental ill-health,” he said. “This service provides access to free, confidential counselling 24/7 and will link people with additional services locally, to ensure they remain supported throughout their recovery.”

Samantha Fredericks, On the Line CEO said, “On the Line is pleased to be delivering a low intensity mental health service on behalf of Murray PHN. Residents aged 15 years and older will be able to contact Talk it Out via the phone or online and speak to a professional counsellor who can provide advice, counselling, and referrals.

“Our counsellors will assess each person’s situation and use a strengths-based approach, focusing on increasing their capabilities and resilience. Now, more than ever, people are seeking convenient telehealth support for mental health concerns such as anxiety, loneliness, and stress.”

Contact details

For more details, Amity Bradford, Communications Specialist e: abradford@murrayphn.org.au or t: 0436 820 014.