



Serving multicultural communities since 1975

NATIONAL MENTAL HEALTH TELEPHONE COUNSELLING AND SUPPORT SERVICE

The **GWC Community Services NSW**, which is the social welfare and community services arm of the Greek Orthodox Archdiocese of Australia, in its effort to further assist the community during the Coronavirus pandemic, has since the beginning of March established a **Special Mental Health Telephone Counselling and Support Service**.

Due to the isolation resulting from the social distancing requirements, the Centre has been providing this additional service to the community. The demand for this service has emphasised the paramount importance of providing this much needed support in our community. As a consequence of this increased demand **and as suggested and blessed by our Father and Shepherd, His Eminence Archbishop Makarios of Australia**, the service is now also available to individuals in all parts of Australia.

The service provides Counselling and Support for individuals experiencing **stress, loneliness, fears, anxiety or depression**.

These services are **free** and are offered by psychologists and other trained professionals in both Greek and English.

For those interested, please call GWC Community Services **on the free line 1800 77 66 42, Monday to Friday 9:00 a.m. – 5:00 p.m.**