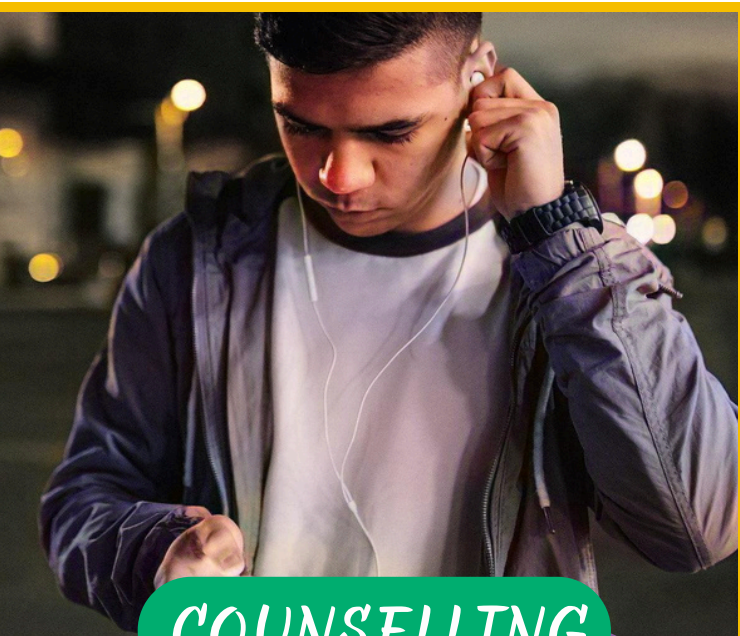




TALDUMANDE — YOUTH SERVICES —

WE ARE WITH YOU



COUNSELLING

Need someone to talk to? Our qualified counsellors are here to help you. No GP or health professional referral required.

We have loads of experience and can help with all kinds of issues. Whether you're having a tough time, feeling stressed, or just need someone to talk to, we've got you covered.

It is important to find a counsellor you connect with. Our friendly team is here to make sure you feel comfortable and supported every step of the way.

HOW WE CAN HELP

- ✓ Support your mental health
- ✓ Issues at school
- ✓ Problems with friends
- ✓ Use of drugs or alcohol
- ✓ Communication
- ✓ Difficulties at home

ELIGIBILITY

Our free and confidential counselling service is available for:

- ✓ Anyone aged 15-24.
- ✓ Living in the Northern Beaches, North Shore, Hunters Hill and Hornsby area.

GET IN CONTACT

- Speak to our friendly intake team at (02) 9460 3777
- Want us to call you? Email us your name and contact number at intake@taldumande.org.au
- Phoenix House, 10 Holtermann St, Crow Nest, NSW 2065
- www.taldumande.org.au