@yarningsafenstrong is a free and confidential support line for Aboriginal and Torres Strait Islander people who need to have a yarn with someone about their wellbeing.

If you're feeling down, isolated, or just need a yarn — call Yarning SafeNStrong on 1800 959 563

You can yarn safely with culturally suitable counsellors who 'get it', no matter how big or small the challenge.

So grab a cuppa and call Yarning SafeNStrong on 1800 959 563