

Aboriginal and Torres Strait Islander Peoples Dedicated Line

*Keeping the spirit strong by strengthening
social and emotional wellbeing.*

1800 861 085

The Aboriginal and Torres Strait Islander Peoples Dedicated Line is part of your Employee Assistance Program with AccessEAP. Our dedicated line is a culturally safe way for you to access mental health and wellbeing support .

How it works

When you call 1800 861 085, you have the option of choosing a time to speak with a Mental Health Professional who identifies as Aboriginal or Torres Strait Islander, or opting to speak with a Mental Health professional who is sensitive and has experience working with Aboriginal and Torres Strait Islander individuals, families and communities.

How we can support

We recognise the gap in mental health and wellbeing care that exists for Aboriginal and Torres Strait Islander peoples, and honour their continuing resilience. We will work with you to provide culturally appropriate support in a respectful, safe, and confidential way. We can help by providing counselling to support your daily life, whether it relates to home or work.

Contact us

Call the dedicated line on 1800 861 085 to book a time to talk about what's on your mind. The line is open from 8am – 6pm on weekdays to make a booking with a Mental Health Professional. Calls received after hours, on weekends, and/or public holidays will be diverted to the main line, where an AccessEAP team member will assist.

Designed using the original art *'The Smoking Ceremony'* created by proud Aboriginal descendant of the Wiradjuri people, Brett Groves.

We acknowledge the Traditional Custodians of the land on which we live, work and play and pay our respects to Elders past, present and future. We honour the deep connection First Peoples have to Country and Spirituality and value their ongoing contribution to caring for our lands, waterways, skies and community.