

This is a Veterans Counselling Service which if you need some support contact the Open Arms Service. It is supported by the Department of Veterans Affairs.

Open Arms: Veterans & Families Counselling

Open Arms is open 24/7 if you need someone to talk to. Or, if you're simply after some helpful hints for staying calm and coping with the pandemic check out our COVID-19 page. And, if you have a counselling session scheduled but are feeling unwell or have concerns about attending it in person, call us on **1800 011 046** and we'll reschedule it for you or discuss options for conducting it via telephone or video conferencing.