



MEN TALKING TO MEN

MENS BUSINESS

1300 130 225 or 02 9708 2088

Professional male counsellors providing confidential 1:1 and couple sessions. Tips for being a dad and other relationship programs available. Call between 9am - 5pm Monday to Friday for more information.

Work stress:

Let us help with difficult work situations

Everyday pressure:

When you feel that life is just getting too much

Relationships:

When you feel they're not working

Face to Face:

Located in the heart of Bankstown opposite Paul Keating Park on level 2, 402 - 410 Chapel Rd

Phone appointments:

Talk to us over the phone at a time that suits you to see how we can help

Who can help:

BCS LifeCare

1300 130 225
02 9708 2088

Men's Line Australia

1300 78 99 78

LifeLine

13 11 14

G-Line (Gambling Support)

1800 63 36 35

www.bcs.org.au/LifeCare.aspx