



Are you struggling in this time of crisis?

You are not alone.

CCareline **13 18 19** is a free and confidential helpline that can connect you with a local volunteer from your community.



CCareline 131819

by CatholicCare

During this time of uncertainty it can be difficult to know where to turn to for help.

CCareline **13 18 19** is a free and confidential* helpline for counselling, relationships, parenting, ageing, disabilities, addictions and mental health (*unless there is a risk of harm to you or others).

We can also connect you with a local volunteer from your community. They can help with your shopping and errands or even just call you for a regular friendly chat over the phone.

An initiative of the Catholic Archdiocese of Sydney



CCareline
131819
[CCareline.org](https://www.catholiccare.org)

- ✉ connect@catholiccare.org
- 🌐 [CCareline.org](https://www.catholiccare.org)
- 🕒 8am – 6pm Monday – Friday