

# Tsunami Disaster 24 Hour Counselling Service for NESB Communities

To assist and support members of our community in the aftermath of the Tsunami disaster, the Transcultural Mental Health Centre is able to offer free counselling and emotional support for individuals and families from non-English speaking backgrounds (NESB) living in NSW.

The counselling and support is available:

- **In 50 community languages**
- **Including Indonesian, Thai, Sinhalese, Tamil, Hindi**

Our counsellors are from a variety of professional backgrounds including social work, psychology, mental health nursing, occupational therapy and psychiatry. They can assist by providing:

- Assessments
- Individual Counselling
- Family Counselling
- Trauma Counselling
- Grief Counselling
- Debriefing

**24 Hour Contact Number**

**1800 648 911 (toll free)**

**Additional Business Hours Contact: 9840 3767**

This service is provided in partnership with the Community Relations Commission  
For a Multicultural NSW