

Look after your financial health as well as your physical health

If you are struggling with debt or in financial hardship you can get **free** assistance from a financial counsellor.

Visit the National Debt Helpline **ndh.org.au** or call
1800 007 007



We provide **free**, independent and non-judgemental advice.

Financial counsellors work in not-for-profit community organisations. They will guide you through your options and help you deal with your financial situation. They are not financial planners or advisers.



**NATIONAL
DEBT
HELPLINE**
1800 007 007
ndh.org.au