



H-Line Non-Crisis Hotline

Feeling nervous? Anxious? Stressed
or frustrated? CALL US NOW

(02) 9063 8888

- We speak Mandarin and Cantonese
- Fully anonymous, we won't ask you to provide any personal information

We operate from
10am to 2pm
Every Sunday, Monday and Tuesday
(excluding public holidays)

A free Chinese Non-Crisis Hotline
Listening to Your Heart

www.casscare.org.au



“诉心事”热线

H-Line Non-Crisis
Hotline

(02) 9063 8888

有任何紧张、焦虑、压力或不愉快的情绪，
都欢迎拨打以上热线

- 我们讲普通话和广东话，
沟通无障碍
- 完全匿名，致电无需提供
私人信息

服务时间

每周日、周一、周二
早上10时至下午2时
(公众假期除外)

免费中文心理热线，聆听你的心声
www.cass.org.au