Need mental health support, but not sure what's right for you?

I'm looking for...

Ongoing support from professionals, tailored to my needs.

Someone to talk to for immediate, one-off support.

intellect

✅ Fully covered by your employer
✅ Choose your care provider and book 1:1 sessions for tailored, ongoing care
✅ Chat with a trained responder for immediate support through a 24/7 helpline
✅ Access additional localised content, self-guided support, and wellbeing tools
✅ Access all services via mobile app or desktop web app

National mindline 1771

✅ Speak to a trained responder without needing to share your name
✅ Get immediate one-off support, then get a referral to additional ongoing support if needed — not covered by your employer
✅ Chat on WhatsApp, phone call, or on the mindline website

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