



Need a yarn?

Talk to an experienced TIACS counsellor about mental health support. No referral or mental health plan needed. And it's free.

About TIACS

We are a group of experienced counsellors, mental health professionals and industry experts who combine our knowledge to bring top-notch mental health support to the blue-collar folks and those that care about them.

We're on a mission to uncomplicate conversations about mental health and break down the financial and social barriers to support.

TIACS mental health counsellors offer bite-size, actionable strategies to help you improve mental wellbeing. We call it brief intervention.

TIACS

FREE MENTAL HEALTH SUPPORT AUSTRALIA WIDE
Call or text Mon-Fri 8am-10pm AEST

0488 846 988