

TRISS

(Telephone, Referral, Information and Support Service)



Facing loneliness or mental health challenges? TRISS Outreach is here for you

Information and Support:

Whether you're navigating mental health challenges or supporting someone who is, we're here to help. Call us to learn about our services.

Weekly Phone Support:

Connect with us for weekly phone support sessions. Our dedicated team aims to provide connection, emotional and social support to people in NSW.

Web: onedoor.org.au

Email: information@onedoor.org.au

Phone: 1800 843 539 (Option 2)

If you're in need of a friendly voice
call us now:



Monday-Friday 9am-5pm

