



When to ask for help

If you need assistance setting up your payment plan, visit your local Centrelink office or phone your Centrelink payment line.

Families: 136 150

Job seekers: 132 850

Older Australians: 132 300

People with disability: 132 717

Students and trainees: 132 490

Carers: 132 717

Indigenous Australians: 1800 136 380

Help is available

For further assistance, please get in touch with a financial counsellor

National Debt Helpline: 1800 007 007 9.30am to 4.30pm

Online chat: <https://ndh.org.au> 9.00am to 8.00pm

Interpreters are available and there are no visa restrictions

Financial counselling is a free and confidential service offered by not-for-profit community organisations



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