

# MindHealth

## It's ok to ask for help...

Call 1300 029 131  
[mindhealth.org.au](http://mindhealth.org.au)

## Free professional counselling support

Mind Health provides free phone and online counselling to people living or working in the Hunter, New England, and Central Coast regions.

Professional support is available to anyone aged 15 or over, Monday to Saturday 7am to 9pm.



@MindHealthPHN



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# Mind Health is a free telephone and online counselling service for people in the Hunter, New England, and Central Coast regions.

Mind Health provides help and support for people who are worried or stressed and are looking to talk it through. You can get in touch if you're concerned about things like:

- Worry and anxiety
- Anger
- Hopelessness and depression
- Drug and alcohol abuse
- Grief and loss
- Isolation and loneliness
- Relationship and family problems
- Suicidal thoughts
- Wellbeing
- Work stress

## What to expect?

Professional counsellors listen, support, and help you cope. They work with you to develop a plan to help you manage your concerns.

**Call 1300 029 131** or visit **mindhealth.org.au** to speak to a counsellor. Help is available to anyone aged 15 or over, Monday to Saturday 7am to 9pm.

This service is funded by

Delivered by



An Australian Government Initiative



We acknowledge the Traditional Custodians of the lands and seas on which we live and work and pay our respects to Elders past and present.

