

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

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

**Free professional support for those who live and work  
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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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.

**PRIMARY  
HEALTH  
NETWORK**

**phn**  
HUNTER NEW ENGLAND  
AND CENTRAL COAST  
An Australian Government Initiative

 **on the line**