

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

**Call 1300 029 131**  
**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.



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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  
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**phn**  
HUNTER NEW ENGLAND  
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An Australian Government Initiative

 **Lifeline**