

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.

 @MindHealthPHN  @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
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An Australian Government Initiative

 **Lifeline**