

MindHealth

Free professional counselling across the Hunter,
New England and Central Coast regions.

Call 1300 029 131

mindhealth.org.au

It's okay to ask for help

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

Mind Health is a free phone and online counselling service for anyone aged 15 or over who lives or works in the Hunter, New England and Central Coast regions.

Support is available Monday to Saturday 7am to 9pm.



Delivered by

