

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

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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

 Lifeline