

LHAC Mental Health Services Campaign

This kit contains resources to help your local LHAC promote mental health services throughout the Murrumbidgee region. They can be used for both print and web promotion.

There are 8 different posters/advertisements. For each there is a:

- **PNG image**

This is for use on social media, websites, email and text message communication

- **A3 PDF**

This file is designed to print on a regular office printer, and will also print at A4 size

Custom formats

If you are getting posters printed professionally, or need a specific size to suit your local newspaper, your printer or designer is welcome to contact the Deniliquin Mental Health Awareness Group Graphic Designer for assistance: **Sivonne Binks - hello@sivonne.com**

Campaign overview



ACCESSLINE

Information about the Murrumbidgee Accessline



MY STEP TO MENTAL WELLBEING

Information about the 'My Step' program



HELPLINES

An overview of crisis support helplines available



ONLINE GUIDES

Helping people find support through online guides



MHECS

Increasing awareness of mental health services available at local hospitals



QPR

Promoting the availability of free QPR suicide prevention training



Murrumbidgee Services

Helping locals feel confident that they are supported by a range of mental health services



Remote Support

Increasing awareness of web-based and remote support services