

# Support is here for you, no matter where you are.

It is easier than ever before to access mental health counselling and support services online - via phone, telehealth, text and online chat.

Find a range of online resources at:

[headtohealth.gov.au](https://headtohealth.gov.au)



Learn more about local health services at  
[facebook.com/yourLHAC](https://facebook.com/yourLHAC)



BROUGHT TO YOU BY YOUR **LOCAL HEALTH**  
ADVISORY COMMITTEE IN PARTNERSHIP WITH:



DENILIQVIN  
Mental  
Health  
Awareness  
GROUP

[denimentalhealth.org.au](https://denimentalhealth.org.au)

IF YOU NEED IMMEDIATE OR CRISIS SUPPORT CALL ACCESSLINE 1800 800 944  
OR VISIT YOUR LOCAL HOSPITAL OR GP. IF A LIFE IS IN DANGER, CALL 000.