

# Find the support that's best for you.

Online guides make it easy to find the mental health services and resources that best suit your needs.

For the Murrumbidgee Region

➔ [MapMyRecovery.org.au](https://www.mapmyrecovery.org.au)

National digital resources

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



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



DENILIQVIN  
Mental  
Health  
Awareness  
GROUP

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