

# Mental Health ups and downs are a normal part of life.

No matter how you are feeling, there are a range of local services that can help.

Discuss your options any time with Murrumbidgee **Accessline**

**1800 800 944**



SUICIDE PREVENTION TRAINING

LIFELINE 131114

MHECS - MENTAL HEALTH EMERGENCY CONSULTATION SERVICE

RECOVERY UNIT

SUICIDE WAY BACK SERVICE

WELLWAYS

GENERAL PRACTITIONER

COUNSELLING

ALCOHOL AND OTHER DRUGS INFORMATION SERVICE

MAP MY RECOVERY

SPECIALIST COMMUNITY MENTAL HEALTH SERVICE

LGBTIQ+ FRIENDSHIP AND SUPPORT GROUP

ACCESSLINE

ROAR - REACH OUT AND RELAX

FAMILY COUNSELLING

WELLNESS SERVICES

MY STEP TO MENTAL WELLBEING

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