

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

National digital resources

➔ headtohealth.gov.au



Learn more about local health services at
facebook.com/yourLHAC



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



DENILIQVIN
Mental
Health
Awareness
GROUP

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.