

# Your mental health matters to us, always.

No matter how you are feeling, you can call the Murrumbidgee **Accessline** to chat with someone 24/7

**1800 800 944**



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:



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.

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