

Not feeling like yourself?

If you are feeling down or more worried than usual, or would like to talk to someone about how you are going, **MyStep to Mental Wellbeing** can help.

MyStep provides **short-term, free counselling** in your community, without the need for a doctor's referral.

Contact the MPHN Central Access
and Navigation Service:

1800 931 603
mphn.org.au



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



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



DENILIQUIN
**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.