

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**

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.

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