

# 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)

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)