

Support is here for you, no matter where you are.

It is easier than ever before to access mental health counselling and support services online - via phone, telehealth, text and online chat.

Find a range of online resources at:

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:



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.