

# MindHealth

## It's ok to ask for help...

Call 1300 029 131  
[mindhealth.org.au](http://mindhealth.org.au)

**Free professional support for those who live and work  
in the Hunter, New England and Central Coast regions.**

Professional support is available to anyone aged 15 or over, Monday to Saturday 7am to 9pm.

 @MindHealthPHN

 @MindHealthPHN

This service is funded by

Delivered by

**phn**  
HUNTER NEW ENGLAND  
AND CENTRAL COAST

An Australian Government Initiative

 on the line



We acknowledge the Traditional Custodians of the lands and seas on which we live and work, and pay our respects to Elders past and present.