

# MindHealth

Free professional counselling across the Hunter,  
New England and Central Coast regions.

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

# It's okay to ask for help

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Mind Health is a free phone and online counselling service for anyone aged 15 or over who lives or works in the Hunter, New England and Central Coast regions.

Support is available Monday to Saturday 7am to 9pm.

**phn**  
HUNTER NEW ENGLAND  
AND CENTRAL COAST

 on the line

An Australian Government Initiative