



Mental Health is just as IMPORTANT as Physical Health

If you feel like you need someone to talk to, contact our wellness team today!

It doesn't matter if you have depression or are just having a tough time and are feeling overwhelmed we are here to help.

It is an easy self-referral process where we will work with you to create a plan just for you.

**HEALTHY
MINDS
HEALTHY COMMUNITIES**

**To access our FREE service to talk to one of our
mental health and wellness nurses call**

1300 147 761