



How is **YOUR** head today?
What **THOUGHTS** are
taking up most of your
headspace?
It's okay not to be **OKAY**.
Remember, **HELP** is just a
phone call away.



**Beyond
Blue**
1300 224 636



**eating
disorders**
victoria
1300 550 236



HeadtoHelp
1800 595 212



kids helpline
Anytime Any Reason
1800 55 1800



**Mens
Line
Australia**
1300 78 99 78



MindSpot
www.mindspot.org.au



PHONE & CHAT
1800 184 527
QLIFE.ORG.AU
3pm-12pm
Everyday



**REACH
OUT.COM**



**SuicideLine
Victoria**
1300 651 251



WellMob
Healing Our Way
wellmob.org.au WellMobAU



Head To Health
www.headtohealth.gov.au

