

# #NavigatingHealth



Thursday, 1 August 2019 • From 10am  
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Fitzroy, Melbourne



**Services:** If you're not in immediate danger but need help, call CAREinMIND Wellbeing Support Service on 1300 096 269.

These services can also help:

Lifeline: 13 11 14

Mensline: 1300 789 978

For situations that are life-threatening, contact emergency services immediately - Triple Zero (000).

We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.