

You Said...™

“

I have ups
and downs
a lot.

*I feel without your services,
or without the help I get from my
counsellor, I'm not sure where
I would be when a challenge
comes up in my life.*

So thank you!

”

If your GP has referred you to a CAREinMIND™ counsellor, chances are you will be sent a *You Said...* survey. Through *You Said...* we listen to people's experiences and outcomes so we are able to better support your mental health care.

You Said...™

So far people have told us....

“

I would like to...

*“be able to
move on”*

*“help improve the
day-to-day issues”*

*“deal with my situation,
as I feel overwhelmed”*

*“be better
than where I am...”*

*“have someone
to talk to”*

“have the right medication”

“help with the stress”

*“let go of my
negative emotions”*

”

Find out more nwmphn.org.au/yousaid

phn
NORTH WESTERN
MELBOURNE

An Australian Government Initiative

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