



24/7  
support  
for the everyday  
stresses of life  
day or night

Free phone and online counselling available 24/7  
for anyone who lives, works or studies in the north,  
central or western suburbs of Melbourne.

**Call 1300 096 269 or  
visit [careinmind.com.au](http://careinmind.com.au)**



**TIS** TRANSLATING  
AND  
INTERPRETING  
SERVICE

**phn**  
NORTH WESTERN  
MELBOURNE  
An Australian Government Initiative

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