



**24/7  
support  
for the everyday  
stresses of life,  
phone or online**

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)**



**phn**  
NORTH WESTERN  
MELBOURNE  
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**CAREinMIND™**