

# Looking after your mental health and wellbeing



## Find the right help for you

The new 'Looking after your mental health' guide explains the types of mental health support available in the community.

You can also find a range of local support and services online at [nwmpn.org.au/mymentalhealth](http://nwmpn.org.au/mymentalhealth)

If you would like to talk someone today, call **HeadtoHelp 1800 595 212**, or visit **HeadtoHelp.org.au**

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