

# 关爱心理健康 和幸福感



## 为您寻求适当帮助

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An Australian Government Initiative



您可以在线访问 [nwmphn.org.au/mymentalhealth](https://nwmphn.org.au/mymentalhealth),  
获取一系列当地支持和服务

如果您希望立即向人求助, 请致电 **1800 595 212** 联系  
**Medicare Mental Health**, 或访问  
[medicarementalhealth.gov.au](https://medicarementalhealth.gov.au)

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