

# Looking after your mental health and wellbeing



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

## Find the right help for you



You can find a range of local support, information  
and services at [nwmpn.org.au/mymentalhealth](https://nwmpn.org.au/mymentalhealth)

To talk someone today, call Medicare Mental Health on  
**1800 595 212**, or visit [medicarementalhealth.gov.au](https://medicarementalhealth.gov.au)