

NBC MENTAL HEALTH SUPPORT GROUP



This lockdown is impacting all of us in different ways. Don't be afraid to ask for help.

NBC Mental Health Support Group

Zoom every 2nd Thursday @ lunch 12.30pm -1.15pm



[Click here](#)



or email Leon

Chat via phone or online 24/7

Lifeline  13 11 14

 www.lifeline.org.au

Beyond Blue  1300 22 4636

 www.beyondblue.org.au

Australian Psychological Society



Mental health tips



Get psychological help



'This Way Up'

Support & guided workbooks
for mental health [CLICK HERE](#)