

**I'm having a
tough time
at the moment**

**We're here
to help**

The pandemic has affected everyone in different ways, and it's important to take the time to care for your mental health. That's why there's free support now available for every Victorian who needs it, at your local **Mental Health & Wellbeing Hub**.

**MENTAL HEALTH
& WELLBEING
HUB**

For support in and around Hamilton, call 55603000.



wellways