



**Do you have someone in your life living with a mental health challenge?**

**You're not alone**

More than 240,000 Australians support a loved one who lives with mental health challenges

**HelpingMinds provides a wide range of**

**FREE SERVICES**

**for**

**People supporting loved ones living with mental health challenges**

**and**

**Young people who are at risk of developing a mental health challenge**

