



**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**



Find out more about the FREE services available

1800 811 747

info@helpingminds.org.au



helpingminds.org.au