

**I am having a
difficult time at
the moment**

**We are here
to help**

The pandemic has affected everyone in different ways, and it's important to care for your mental health.

If you're feeling stressed or sad, you can get help from a **Mental Health & Wellbeing Hub** by calling **1300 375 330**.

The Mental Health & Wellbeing Hubs are a free service available to anyone living in Victoria, no matter your visa status.

Our experienced support workers will listen and work with you to find the best ways to get the help you need.

**MENTAL HEALTH
& WELLBEING
HUB**

Do you need help in your language?

Call TIS National on **131 450** and ask for an interpreter, then ask to be connected to Mental Health & Wellbeing Hubs on **1300 375 330**.

To find out more visit
coronavirus.vic.gov.au/mentalhealthhub

Authorised by the Victorian Government, 1 Treasury Place, Melbourne

