

# > LOOKING FOR MENTAL HEALTH INFO & SUPPORT?

IT'S TIME TO

# #checkin

We've all been through a lot lately, so it's good to know there is **support and resources** out there to help you get back to feeling on top of your **mental wellbeing**.

TO FIND OUT MORE GO TO

→ [checkin.org.au](https://checkin.org.au) —

TO TALK TO SOMEONE WHO CAN HELP

**Lifeline Tasmania's** group of dedicated Support Workers are committed to support you and provide ideas to assist in these uncertain times.



CALL A TASMANIAN LIFELINE

1800 98 44 34