

Struggling with  
life? Mental  
health matters.

Reach out for  
help. You're not  
alone.

Yeah, my  
**mental health's**  
not great.



## Your fully funded mental health service!

Seeking support for your wellbeing is crucial.

At Supporting Minds, we offer fully funded short-term interventions in the **Gold Coast region** for people experiencing mental health decline due to various challenges. Don't hesitate to reach out for assistance take the first step towards better mental health today.

When you contact us, you'll be paired with a qualified and experienced mental health worker who will assist you in developing a personalised health care plan.

**Don't wait until it's too late. Take the first step towards better mental health and reach out to Supporting Minds today.**

# 07 3151 3825

## supportingminds@wmq.org.au

Monday to Friday, 8.30am to 5.00pm (except public holidays)

Scan the QR code and fill out the form to connect with the Supporting Minds team. They'll get in touch with the information you need.



# www.wmq.org.au/supportingminds



*Everyone is welcome*

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**phn**  
GOLD COAST

An Australian Government Initiative

Mental Health

