



*A self help support group network
for anyone dealing with mental health
issues such as depression or anxiety*

HAND UP OFFERS: Understanding
and support in a friendly and positive
environment.

The HAND UP support group meets

- Tuesdays 9.30am-11.30am
- at St. Matthews Church Hall, crn of
Bowen and Queens Rd.

**The HAND UP Depression & Anxiety
support group meets**

- Thursdays 7.00pm-9.00pm
- at the Mental Illness Fellowship, 159
Kings Rd, Pimlico

**HAND UP support groups are free,
tea and coffee are provided and
everyone is welcome.**

FOR MORE INFORMATION PHONE:

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or visit: **www.handup.org.au**