



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

### **The HAND UP support group meets**

- Tuesdays 9.30am-11.30am
- at St. Matthews Church Hall, crn of Bowen and Queens Rd.
- Tea and Coffee provided
- contact John on 4779 2203 or Carol or Fred on 4725 5755

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

- Thursdays 7.00pm-9.00pm
- at the Mental Illness Fellowship, 159 Kings Rd, Pimlico
- Tea and Coffee provided
- contact Karen on 4729 0629

**HAND UP support groups are free**

### **For more information**

Email: [karen@handup.org.au](mailto:karen@handup.org.au)

Web: [www.handup.org.au](http://www.handup.org.au)