

Wellbeing Yarning Line

0408 985 916

Feeling stressed or worried?

Not coping so well at the moment?

Call and have a yarn with our Aboriginal mental health and drug and alcohol staff.



We acknowledge the traditional custodians of the lands on which our local health district is located and pay respects to our Elders past, present and future



Health
Mid North Coast
Local Health District

* Note: this line is available
9am to 4pm weekdays and
is not for emergencies