

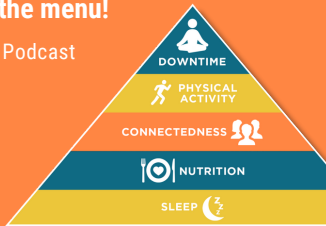
HEALTHY HOSPITALITY

Let's put mental health on the menu!

 Back of House, Front of Mind Podcast

 healthymindmenu.au

 @healthymindmenu



HELPFUL RESOURCES

Lifeline

lifeline.org.au
13 11 14

Suicide Call Back Service

suicidecallbackservice.org.au
1300 659 467

Beyond Blue

beyondblue.org.au
1300 22 4636

headspace

headspace.org.au
1800 650 890

SANE Helpline

sane.org
1800 187 263

Mental Health Emergency Response Line

Metro 1300 555 788
Peel 1800 676 822

**In a medical or mental health emergency,
call 000 or 112 on a mobile phone.**

