

## **We all have good days and bad days.**

If you are feeling sad, down or anxious & these feelings have started to affect what you would normally enjoy doing, then its important to find out whats going on or what you can do about it.



Youth and Family Mental Health Support is available for young people aged 10–21 years and/or their parents/carers who are residents of the Byron and Ballina Shires. There is no cost for this service.

**To find out more call (02) 6686 4109  
or email [intake@thefamilycentre.org.au](mailto:intake@thefamilycentre.org.au)**

**HEALTHY  
NORTH COAST**

**phn**  
NORTH COAST  
An Australian Government Initiative

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 **the family centre**

[www.thefamilycentre.org.au](http://www.thefamilycentre.org.au)