

MY LIFE IS FULL OF PRESSURE AND EXPECTATIONS

SOMETIMES EMPTINESS IS HARD TO HIDE

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**

**HEALTHY
NORTH COAST**

phn
NORTH COAST
An Australian Government Initiative

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 **the family centre**

www.thefamilycentre.org.au