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**Local men**

**Local communities**

MENTAL HEALTH SUPPORT FOR LOCAL MEN



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Become a **Local Legend** by creating opportunities for men to connect in your local community.

If you have an idea for a community event contact us on  
**03 5662 9200**

**Our events:**

- ★ Chatty Cafe
- ★ Golf Without Balls
- ★ 24hr Table Tennis
- ★ Bat, Bowl Catch & Care

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**You are not alone.** Contact someone close to you today if you need to talk, and if you feel that you don't have anyone close you can talk to, please contact **Lifeline** on **13 11 14**



**Lifeline**

[www.lifeline.org.au](http://www.lifeline.org.au) 13 11 14



**Beyond Blue**

[www.beyondblue.org.au](http://www.beyondblue.org.au) 1300 22 4636



**Black Dog Institute**

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

