

# D.I.Y

## Drop in for *Youth*

Find out  
more about  
accessing  
mental  
health  
support.



1st and 3rd Thursday of each month  
between 3:30pm – 5:00pm



Get Psych'd  
youth psychology

- meet and greet with a psychologist
- ask any questions
- find out more about what to expect from therapy
- understand how to navigate the 'mental health system'
- find out what supports are available



getpsychd.com.au

FREE drop in session @ Get Psych'd  
co-located at the YO Bendigo Youth Facility  
45 Mundy Street, Bendigo

**15 minutes. 1 on 1 time. No appointment needed.**



Parents/carers welcome.  
Not for current clients.

