

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
at 50-52 Mitchell Street, Bendigo

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



Parents/carers welcome.
Not for current clients.

