

# #NavigatingHealth



Thursday, 1 August 2019 • From 10am  
Share using #NavigatingHealth

Fitzroy, Melbourne

**Finish**

**4**

**Carlton Family Medical**

Carlton Family Medical  
88 Rathdowne Street, Carlton  
(near corner of Elgin Street)

**Start**

**1**

**Victorian Aboriginal Health Service**

188 Nicholson Street, Fitzroy

**Carlton Gardens**

Please dress for the weather (raincoats/umbrellas/walking shoes). If you can't do the walk in person, follow the hashtag #NavigatingHealth. Media interviews will be conducted; please advise if you do not wish to be interviewed, photographed or filmed.

**3**

**Drummond St Services**

Our families come in different shapes and sizes  
some families are big

100 Drummond Street, Carlton

**2**

**St Vincent's Hospital**

EMERGENCY

EMERGENCY ↓

Enter via Princess Street (from Nicholson Street), head to the Safe Haven Café/art gallery in the Daly Wing Building D (south west corner of the plaza)

sponsored by

**phn**  
NORTH WESTERN MELBOURNE  
An Australian Government Initiative

**croakey**

**Services:** If you're not in immediate danger but need help, call CAREinMIND Wellbeing Support Service on 1300 096 269.

These services can also help:

Lifeline: 13 11 14

Mensline: 1300 789 978

For situations that are life-threatening, contact emergency services immediately - Triple Zero (000).

We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.

# #NavigatingHealth



Thursday, 1 August 2019 • From 10am

Share using #NavigatingHealth

Fitzroy, Melbourne

## Support

If you're not in immediate danger but need help, call  
**CAREinMIND Wellbeing Support Service** on **1300 096 269**.

Website: <https://careinmind.com.au>

**These services can also help:**

**Lifeline: 13 11 14**

**Mensline: 1300 789 978**

**For situations that are life-threatening, contact emergency services immediately - Triple Zero (000).**

We pay our respects to the Traditional Custodians of the country where we live, work and travel upon, and to Elders, past, present and future.