Navigating Health

Thursday, 1 August 2019 • From 10am
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Fitzroy, Melbourne

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.

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.

Sponsored by

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

Victorian Aboriginal Health Service
188 Nicholson Street, Fitzroy

Carlton Gardens

Drummond St Services
100 Drummond Street, Carlton

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

St Vincent’s Hospital
Enter via Princess Street (from Nicholson Street), head to the Safe Haven Cafe/art gallery in the Daly Wing Building D (south west corner of the plaza)
Support

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CAREinMIND Wellbeing Support Service on 1300 096 269. 
Website: https://careinmind.com.au

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