



**mental
health
families
& friends**
T A S M A N I A

Your trusted voice in mental health

Face-to-Face Safe Spaces
monthly peer support sessions in
St Helens



An opportunity to chat and share information with other families and friends of someone with mental ill health

starting Thursday 8th October, and then on the first Tuesday of every month

Thursday 8th Oct | Tuesday 3rd November | Tuesday 1st December

5-7pm | St Helens Neighbourhood House | 25 Circassion St

light refreshments provided

These forums are for families and friends of a person with a mental illness and are not open to service providers

Register [here](#), send us an email, or join us on Facebook for more information

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✉ admin@mhfamiliesfriendstas.org.au

📘 @MHFamiliesFriendsTas

🌐 www.mhfamiliesfriendstas.org.au