AUSTRALIAN MULTICULTURAL AMBASSADOR

Hett Arachchige Dona Madhavee

During these unprecedented times of COVID-19, it is vital that we all maintain social and emotional wellbeing. It is even more crucial, especially for our multicultural community, to look after our mental health. We urge you to contact the National Mental Health Help Line 1300 643 287. More information can be found on their website https://www.mhfa.org.au/

Hett Arachchige Dona Madhavee
Sinhalese Translation

NATIONAL MENTAL HEALTH HELPLINE

7 days a week 9am - 11pm

1300 643 287