



# CASUAL DROP IN MENTAL HEALTH SUPPORT

BCH Office – 28 Victoria Street, or via zoom!  
Every Friday, 1.00PM-2.00PM

If you'd like to have a chat and to join in some social activities in a safe and supportive environment, please come along in person, or on zoom for a chat with our team. A Peer Support Worker (someone with a lived experience of mental illness, who is in recovery and has completed further study) will run these sessions which will include:

- Online games
- Trivia and puzzles
- A friendly chat, + much more!

For the Zoom link or more information, please email Mitch, Jordan or Rick –  
[AdultMH@bchc.org.au](mailto:AdultMH@bchc.org.au) or text 0490 044 764



\*if you are not a registered client to Ballarat Community Health, registration will need to be completed (we will assist with this when you prior to the drop in).