

# Strong Yawa

(speak/talk)

## If you are feeling worried?

Having troubling thoughts or feel  
like you need someone to yarn to...

**Call up... we are here to listen...**

**Available after 5pm**  
on weeknights and all weekend

We will provide follow up support  
Mondays – Fridays between 9am - 4.30pm

**T** (02) 4421 7400

**waminda.org.au**

After Hours support line

# 1800 953 736

**FREE CALL**

*All calls are confidential and will be treated with  
respect as per Waminda policies*



**Waminda**   
strong women. strong community. strong culture.