

medicare

Mental Health Centre Penrith

Free walk-in support for when you're feeling down.

111 Henry Street, Penrith NSW 2750 *Darug country*

No referral, appointment or Medicare card needed. Walk-in hours:

Monday, Wednesday–Sunday.....	1:00pm–9:30pm
Tuesday.....	1:00pm–5:00pm
Public Holidays.....	1:00pm–9:30pm

nbmphn.com.au/PenrithSupport

Not sure what support you need?

Call **1800 595 212** Monday to Friday 8:30am–5:00pm to speak with a mental health professional who can connect you to the right local service.