

Sometimes we all need to talk to someone.

2018 brought many challenges, maybe I will call someone.

Who visits locally?  
I'd rather know what is available local first.

I know someone who might like to know about the services.



## Services Available in Rolleston

**Uniting Care**  
Phone 4930 7326

**Anglicare**  
Visiting Rolleston Thursdays  
Phone 4982 4062  
Connect with Leigh or Angela

Did you know about the **Lifeline** app available on your smartphone?

Have you heard of '**Headspace**'? Service connecting with 12 – 25 year olds regarding mental health, physical health, work and study.