

10TH SEPTEMBER 2020



# RU OK? DAY

This year, with so many facing increased uncertainty, stress and anxiety, the need to check in with each other has never been more important.

ASK

LISTEN

ENCOURAGE  
ACTION

CHECK IN

SMG Health are here for you 24/7 365 days a year.

Contact us for a free confidential appointment with one of our professional and experienced counsellors.

SMG Health Contact Details

ph: 1300 657 644

e: [areuok@smghealth.com.au](mailto:areuok@smghealth.com.au)

w: [smghealth.com.au](http://smghealth.com.au)



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