

# *It's okay to not be okay*



**102,000**

*People supported last year*

**326,000**

*Appointments made*

With 1 in 5 Australian's experiencing a mental health challenge each year, **seeking support could make a real difference.**

**Converge is here for you this R U OK? Day!**

Talk to a qualified, experienced counsellor today, free and confidentially.



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