



## ATTENTION RESIDENTS!

Have you recently moved into care? Adjusting to your new home is often challenging.

Would you like some strategies to support your mental health and wellbeing?

To access our St. Vincent's resources, or to request individual support from our Healthy Ageing Service.

Scan here using your mobile phone or ask a staff member to help you.



You can also search for the following website for more information:  
<https://emphn.org.au/our-work/mental-health-services-overview/healthy-ageing-mental-health-services/>