

# eGrow

## Online mental health support group

eGrow groups run the same as the Grow Program. The only difference is it's an online mental health support group! We use Zoom to connect with your eGrow group which is based on the traditional Grow Program.

You can join a group and participate from the comfort of your own house.

eGrow is available to anyone, is free of charge to join, and is confidential. You can be from any location still receive mental health support and connect with others.

For more information visit  
[www.grow.org.au/egrow](http://www.grow.org.au/egrow)  
or call 1800 558 268

