

Sad?

**Stressed
out?**

Angry?

**Feeling
helpless?**

**Financial
pressure?**

**Burnt
out?**

**Nowhere
to turn?**

**No one to
talk to?**

Alone?

It's OK if you're not feeling OK



1800 595 212



HeadtoHelp



1800 595 212



HeadtoHelp

1

Have a conversation



2

Determine the level of help that you need



3

Connect to the best service for you



Who it is for	The HeadtoHelp service is open to Victorians of any age who may be experiencing distress or mental ill health. This includes people who have never accessed mental health services before and their family and friends. It also is for family and friends of those in aged care.
Where it is located	There are 15 HeadtoHelp hubs across the state. In Eastern Melbourne, our three hubs are located in Hawthorn, Yarra Junction and Heidelberg, but you can access services via phone no matter where you are. Services can also be accessed in Boronia, Box Hill and Wallan.
How you can access	You can call HeadtoHelp on 1800 595 212 and we will help you find the support you need. Your GP or another health professional might also suggest you use the HeadtoHelp service.
How it works	When you call HeadtoHelp on 1800 595 212, an experienced mental health professional will listen and work with you to find the best ways to get you the help you need.
What help you receive	Depending on the assistance you need, we may connect you with online support or an existing mental health service, such as a GP, or other health or support service to get you back on track. The hubs can help you find a GP if you do not have one, as it's really important that your mental and physical health are looked after together.
Who is involved	The HeadtoHelp hub's multidisciplinary team has GPs and mental health workers, including psychologists, mental health nurses, social workers and alcohol and drug workers, who can support you through telehealth, or onsite at a hub.
What to expect	Your mental and physical wellbeing are linked, so the best way to improve your mental health is with a team-based approach that includes your GP. We can also help with the other essentials of life such as housing, work, education and training.

It's OK if you're not feeling OK

To find out more go to:
headtohelp.org.au

HeadtoHelp is a collaborative initiative of Victoria's Primary Health Networks and funded by the Australian Government.



Australian Government

phn
EASTERN MELBOURNE

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