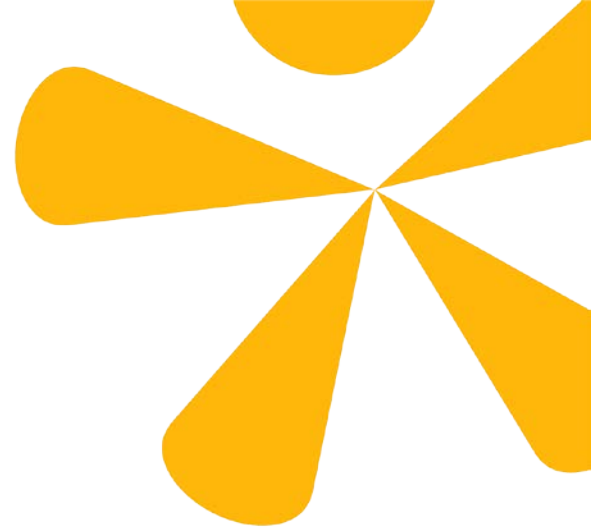


After Hours

Mental Health Nurse

Support Service



Ever needed mental health help after hours?

Sometimes stress, anxiety, depression or grief can be overwhelming. Our Mental Health Nurses provide a chance to meet with someone face to face, to get on top of things early.



We can support you by:

- listening to your needs and concerns
- helping you to know what steps to take next
- providing recommendations for ongoing support services
- checking in on how things are going down the track.

If you or someone you know are in an emergency or crisis contact 000 or Lifeline on 13 11 14.

This service is free of charge and no appointment is needed.

Where: After Hours GP Clinic
36 Wellington Rd Box Hill

Open: 6-11pm Monday- Friday
2-7pm Saturdays, Sundays and Public Holidays

Phone: 8820 7500

Email: info@carringtonhealth.org.au