

HEAD TO HEALTH

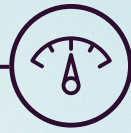
Get it out in the open. For a clearer tomorrow.

Whether you're trying to improve your own sense of wellbeing, looking for help with something that's bothering you, or helping someone you care about, visiting your nearest Head to Health Centre is a good place to start.

1800 595 212
headtohealth.gov.au



Have a conversation



Determine the level of help you need



Connect to the best service for you

Who is it for?

The Head to Health service is open to Victorians of any age experiencing distress or mental ill health. Anyone, including children, young people and older adults, families and carers, can contact Head to Health. Even if you have never sought help before, Head to Health is here for you.

How can I access?

You can call Head to Health 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 Head to Health service.

Where is it located?

There are Head to Health hubs across the state. If there is not a hub in your immediate area, you can access services via phone no matter where you are.

How does it work?

When you call Head to Health 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 will I receive?

Depending on the assistance you need, we may connect you with online support or existing mental health service, such as a GP or other health or support services, to get you back on track. If you do not have a GP, the hubs can help you find one because it's crucial to look after your mental and physical health.

Who is involved?

The Head to Health hub's multidisciplinary team has mental health workers, including psychologists, mental health nurses, peer support workers, social workers, as well as, access to on-site GPs and alcohol and drug workers, who can support you through telehealth, or onsite at a hub.

What can I 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.

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