

**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 the Murray PHN region, our two hubs are located in Bendigo and Wodonga but you can access services via phone no matter where you are.

## 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](http://headtohelp.org.au)

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



**Australian Government**

**phn**  
MURRAY

An Australian Government Initiative