

**In times like
these, it's OK
to be a bit
uncertain.**

**Maybe a little stressed,
anxious or sad.**



But what if these feelings get
too much or go on for a while?

The sooner you HeadtoHelp,
the better you'll feel.

Call 1800 595 212

and find the best mental health
support for you.



HeadtoHelp

**Have a conversation**

A health care professional will ask you questions. The information you provide will assist us to understand what support may best fit your current needs.

**Determine the level of help you need**

If you have felt distressed for some time, or have symptoms that are starting to impact your life, physical health or relationships, we can direct you to services that can assist.

**Connect to the best service for you**

Your treatment and support may be organised through existing services or one of the HeadtoHelp hubs.

**HeadtoHelp is not a crisis service.
If you need immediate help or are at risk of harm to yourself or others please call 000.**

HeadtoHelp is a free service open to anyone in the Murray PHN region, of any age who may be experiencing distress or mental ill health.

HeadtoHelp will consider a person's financial situation if recommending other fee-paying services.

Our teams include mental health nurses, social workers, peer workers, alcohol and other drug workers, and other allied health professionals who work with GPs and psychologists to support you through telehealth, or onsite at a hub.

To find out more call 1800 595 212 or go to headtohelp.org.au



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