

It's **okay**  
if you're not feeling okay.



**Sad?**

**Angry?**

**Feeling helpless?**

**Financial pressure?**

**Burnt out?**

**Nowhere to turn?**

**No one to talk to?**

**Alone?**

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, Head to Health Centre is a good place to start.

**1800 595 212**

# Take a breath. Connect.



**1800 595 212**



## HEAD TO HEALTH Pop Up

1

Have a conversation



2

Find the level  
of help you need



3

Be connected to the  
best service for you



Who it is for	The Head to Health service is open to people of any age who may be experiencing distress or mental ill health. This includes people who have never accessed mental health services before, or for their family and friends. It is also for family and friends of those in aged care.
Where it is located	The Head to Health network is growing quickly throughout NSW. The best place to start is to phone us. You will be guided to a phone or location service best suited to your needs. You may also go to <a href="https://headtohealth.gov.au/pop-up">headtohealth.gov.au/pop-up</a> for up-to-date locations.
How you can access	Call Head to Health on <b>1800 595 212</b> . You will be guided to the best support for your needs. Your GP or another health professional might also suggest you use the Head to Health service.
How it works	When you call Head to Health on <b>1800 595 212</b> , 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; it's really important that your mental and physical health are looked after together.
Who is involved	Head to Health hubs have multidisciplinary teams of GPs and mental health workers, as well as psychologists, mental health nurses, social workers, 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. You can also get help with the other life essentials such as housing, work, education and training.

To find out more go to: [headtohealth.gov.au](https://headtohealth.gov.au)

Head to Health Pop Ups is an initiative of NSW Primary Health Networks and funded by the Australian Government.