

No one to talk to? Nowhere to turn?

1800 595 212

To find out more go to: headtohealthvic.org.au
Head to Health is a collaborative initiative of Victoria's Primary Health Networks funded by the Australian Government.

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Australian Government
Department of Health

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HEAD TO HEALTH



Have a conversation



Determine the level of help you need

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.



**Connect to the
best service for you**

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 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 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.