

Sign up, Link in, Get involved

WHERE NEXT?

If you would like more information in relation to topics including managing stress, dealing with mental health issues, or improving your mental wellbeing, here are several options.

For information about mental health problems and to obtain referral/support:

Contact the **Mental Health Information Service** on **1300 794 991**, info@mentalhealth.asn.au, or visit www.mentalhealth.asn.au.

- The service provides information about mental health issues, mental health services in your local area, local support groups, and more. Factsheets on a range of mental health issues are available for download from the website.

Visit your local **General Practitioner (GP)**.

- Your GP can give you a physical and mental health check up, assess and discuss your symptoms and, if required, provide you with a referral to other mental health professionals. You may be able to obtain a Medicare rebate for up to 12 sessions with a registered psychologist when your GP develops a management plan.

Visit your **local Community Health Centre**.

- For contact details of your closest centre call the Mental Health Information Service on 1300 794 991 or look under 'Community Health' in the Business & Government White Pages.

For 24/7 emergency counselling and support -

- Lifeline - 13 11 14
- Kids Help Line - 1800 55 1800

- Domestic Violence Line - 1800 656 463
- Mensline Australia: 1300 789 978
- Salvo Care Line – 1300 363 622

If English is not your first language

- call the Mental Health Information Service through the **Telephone Interpreter Service (TIS)** on 131 450. This service is free to non-English speaking Australian citizens or permanent residents and has access to interpreters speaking more than 120 languages and dialects.
- contact the **Transcultural Mental Health Centre** for information and support on 1800 648 911 or visit www.dhi.gov.au/tmhc

To find out more about mental wellbeing and happiness

The Mental Health Week campaign and its unique resources are designed to encourage you to take steps to improve your mental wellbeing. If you would like to know more there are some great websites with information on mental wellbeing and happiness.

Try some of the following:

- Mental Health Association NSW Wellbeing www.mentalhealth.asn.au/wellbeing/wellbeing.html
- Changing minds www.changingminds.org.au
- Centre for Confidence and Wellbeing www.centreforconfidence.co.uk
- Happier.com www.happier.com
- The Happiness Institute www.thehappinessinstitute.com
- Live your life well www.liveyourlifewell.org

