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

1800 595 212

HeadtoHelp is a free service open to Victorians 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