



Mental Health and Wellbeing Centres

Mental Health and Wellbeing Connect centres may be directly accessed free in-person via walk-in (no appointment required), or via phone and online booking for tailored support. Centres have a wide range of support available, including:

- peer worker support
- access to hardship funds
- psychological and wellbeing supports
- help navigating the mental health and wellbeing system
- education and practical support

Call your chosen Mental Health and Wellbeing Connect centre for more information or your nearest centre here: <https://www.betterhealth.vic.gov.au/mental-health-and-wellbeing-connect>

Children's Health and Wellbeing Locals

Children's Health and Wellbeing Locals provide easy access to health and wellbeing support for children and their families and carers. The services support children aged zero to 11 years of age who may be experiencing developmental, emotional, relational and behavioural challenges, while also providing support to their families and carers.



You can get advice and support from a range of health professionals including:

- paediatricians
- psychologists & child psychiatrists
- speech pathologists
- occupational therapists
- family services workers.

Find your nearest service here : <https://www.betterhealth.vic.gov.au/childrens-health-and-wellbeing-locals#find-your-nearest-service>

Free Mental Health Clinics Head to Health Clinics

Head to Health Clinics provide Free confidential, safe and welcoming space to talk to someone if you, or someone you care about, are in distress, or need help finding the right mental health support to meet your needs.

The Centres are staffed by qualified professionals and people with lived experience of mental ill health. The Centres offer immediate support for people in distress, including their family and carers. Centres offer:

- free, short-to-medium term care
- help connecting with ongoing or longer-term free or low-cost support
- help connecting with other services to support you into the future

List of Centres <https://www.medicarementalhealth.gov.au/centre-list>

or Call **1800 595 212** (8:30am to 5pm weekdays) for information about your local centre and other mental health and wellbeing supports in your local area.