


Mental Health Line
1800 011 511

 **Mental health**
help for everyone

 **24-hour telephone**
service across NSW

 **Access to a mental**
health professional

 **Connection with**
local care services

 **Support for carers**
and professionals

*People in a life-threatening situation should phone 000.
Calls from landlines are free but charges may apply from mobiles.*

Connecting you
with the right care

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Connecting you
with the right care

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 **Health**

Mental Health and Drug & Alcohol Office
Level 4, 73 Miller Street
North Sydney NSW 2060




 **Health**

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Mental Health Line

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A SERVICE FOR ALL

The Mental Health Line is a 24-hour telephone service operating seven days a week across NSW.

Anyone with a mental health issue can use the Mental Health Line to be directed to the right care for them.

Carers, mental health professionals and emergency services workers can also access advice and relevant services through the Mental Health Line.



NSW HEALTH – connecting you with a mental health professional

By calling **1800 011 511** people with a mental health issue can speak with a mental health professional about their symptoms and be connected with appropriate care.

The mental health professionals staffing the line will assess the urgency of the call and make appropriate recommendations about follow up treatment.

Importantly, people will be talking with professionals so information will be subject to standard health and personal information privacy regulations.



ACCESS TO THE RIGHT CARE

The health professionals working on the line have expertise in the sorts of mental health services available in the towns, cities and suburbs where the caller lives.

Callers may need to access the local mental health team for follow up care. General practitioners, psychologists, counsellors and community health centres are other professionals callers may be connected with.

