



Helpline

wellways
helpline

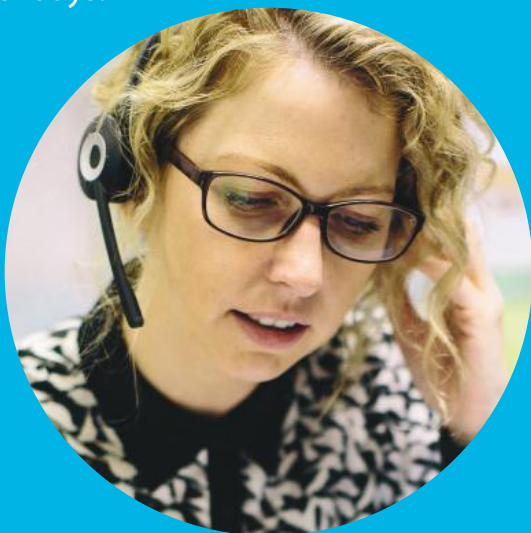
1300 111 400 | [wellways.org](https://www.wellways.org)

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1300 111 500

Wellways Helpline is a free national and confidential service providing mental health information, support and referral advice.

All our Helpline volunteers are 'peers', people who have a lived experience of mental health issues.

Helpline is available Monday to Friday, from 9am to 9pm, except public holidays.



Do you have mental health issues? Are you a carer or family member?

Our Helpline provides mental health information, support and referral advice.

It's free and confidential.



Phone: **1300 111 500**

We accept reverse charges or you can request an immediate call back



Hours: **9am to 9pm**

Monday to Friday
(excluding public holidays)



Email: **help@wellways.org**

We provide support and information via email



Website: **wellways.org**

Information sheets on a range of mental health issues can be found on our website

About the Helpline service

Helpline is for people experiencing issues with their mental health and wellbeing. It provides support to individuals, families, friends and carers as well as professionals and the community.

Helpline is an empathetic, respectful and non-judgmental service that provides:

- information about mental illness, treatment and recovery
- short-term support, including scheduled calls
- tips and strategies for coping with mental health issues, including how to support a friend or family member
- links to support groups, education programs and local community activities
- general information about programs, services and the NDIS

Wellways Australia provides a wide range of services and assistance for people with mental health issues, disabilities, youth and older Australians and those requiring community care.

Why call Helpline?



People struggling with their mental health are supported to:

- handle negative emotions
- cope better
- feel less lonely or isolated
- get information about community supports

Families and friends are supported to:

- reduce feelings of frustration or of being 'stuck'
- decrease anxiety
- develop coping skills
- gain hope

If you don't know which way to turn, who to talk to or need support to understand the mental health system, call our Helpline.

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mental health information,
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(excluding public holidays)

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Wellways Australia Limited

ABN 93 093 357 165

QLD / NSW / ACT / VIC / TAS

1300 111 400 | wellways.org



Wellways respectfully acknowledges the traditional custodians of the lands and waters of Australia.

We are committed to inclusive communities.