



Talk to your GP about

Better Access / The Primary Mental Health Care Service

<http://wentwest.com.au/phn/programs/mental-health/pmhc>

Call 000 in an emergency



- Mental Health Access Line: 1800 011 511
- Lifeline: 13 11 14
- Suicide Call Back Service: 1300 659 467
- Beyond Blue: 1300 224 636
- Blue Knot Helpline: 1300 657 380
- Carers NSW: 1800 242 636
- Kids Helpline: 1800 551 800
- Mensline Australia: 1300 789 978
- SANE: 1800 187 263
- Butterfly Foundation: 1800 334 673
- NSW DV Helpline: 1800 656 463
- 1800Respect: 1800 737 732

LGBTIQ+ Help

QLife: 1800 184 527 or webchat qlife.org.au
 ACON: www.acon.org.au
 Twenty10: www.twenty10.org.au

Call the **Connections Helpline 24/7** to be connected with a trained counsellor or with a local service: 1300 096 273

Where can I get some more support?

Community Health Centres

Auburn: 02 8759 0000
 Blacktown: 02 9881 8700
 Doonside: 02 8670 3300
 Merrylands: 02 9682 3133
 Mt Drutt: 02 9881 1200
 Parramatta: 02 9843 3222
 The Hills: 02 8853 4500
 Transcultural Mental Health Centre:
 1800 648 911 or 02 9912 3851

Online

Mindguide: www.mindguide.org.au
Clevertar: Free digital coach available in the App Store or Google Play
Beyond Blue: <http://www.beyondblue.org.au>
Headspace: <https://www.headspace.org.au>



Western Sydney Recovery College

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Web: www.wsydrecoverycollege.org.au

Facebook: [wsydrecoverycollege](https://www.facebook.com/wsydrecoverycollege)

Mail: L3 81 Flushcombe Rd

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Western Sydney Recovery College is a One Door Mental Health service and is a partnership between One Door Mental Health and MHCC.