

UNSURE
Anxious
losing sleep
Stressed
NERVOUS
Worried
Feeling alone
Not yourself lately
Struggling
CONCERNED
needing support

Way2Wellness
1300 120 446

Way2Wellness can help if you're

struggling with your mental wellbeing. We'll connect you with supports and services to suit your needs.

Getting help early, while your mental health concerns may still be mild to moderate, can be highly beneficial and may lead to much improved outcomes.

Our online supporters are all wonderful listeners, and our service is totally confidential. We will work together with you to identify your concerns and to decide on the best possible options that suit you. This may include access to online tools, local services and in some cases face to face support services.

We can help with many issues including if you are:

- Anxious about work or day-to-day life
- Worried and not sure what to do
- Feeling stressed out
- Struggling to sleep
- Just not feeling your usual self
- Feeling alone and that you have no-one to talk to
- Concerned about the mental wellbeing of someone else

You need to be 16 years and over, living, working or attending school in one of the following Local Government Areas: Hornsby, Hunters Hill, Mosman, North Sydney, Northern Beaches, Lane Cove, Ryde, Willoughby, Ku-ring-gai.

Mon to Fri 11 am to 7 pm

Call Way2Wellness 1300 120 446

way2wellness.org.au