

# HEAD TO HEALTH



1800 595 212



Connecting you to the  
mental health support  
that's **best for you.**

Whether you're wanting to improve your sense of wellbeing, looking for help with something that's bothering you, or helping someone you care about, **the Head to Health Phone Service is here for you.**

**Call 8:30am–5pm  
Monday to Friday.**

**phn**  
WESTERN NSW

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