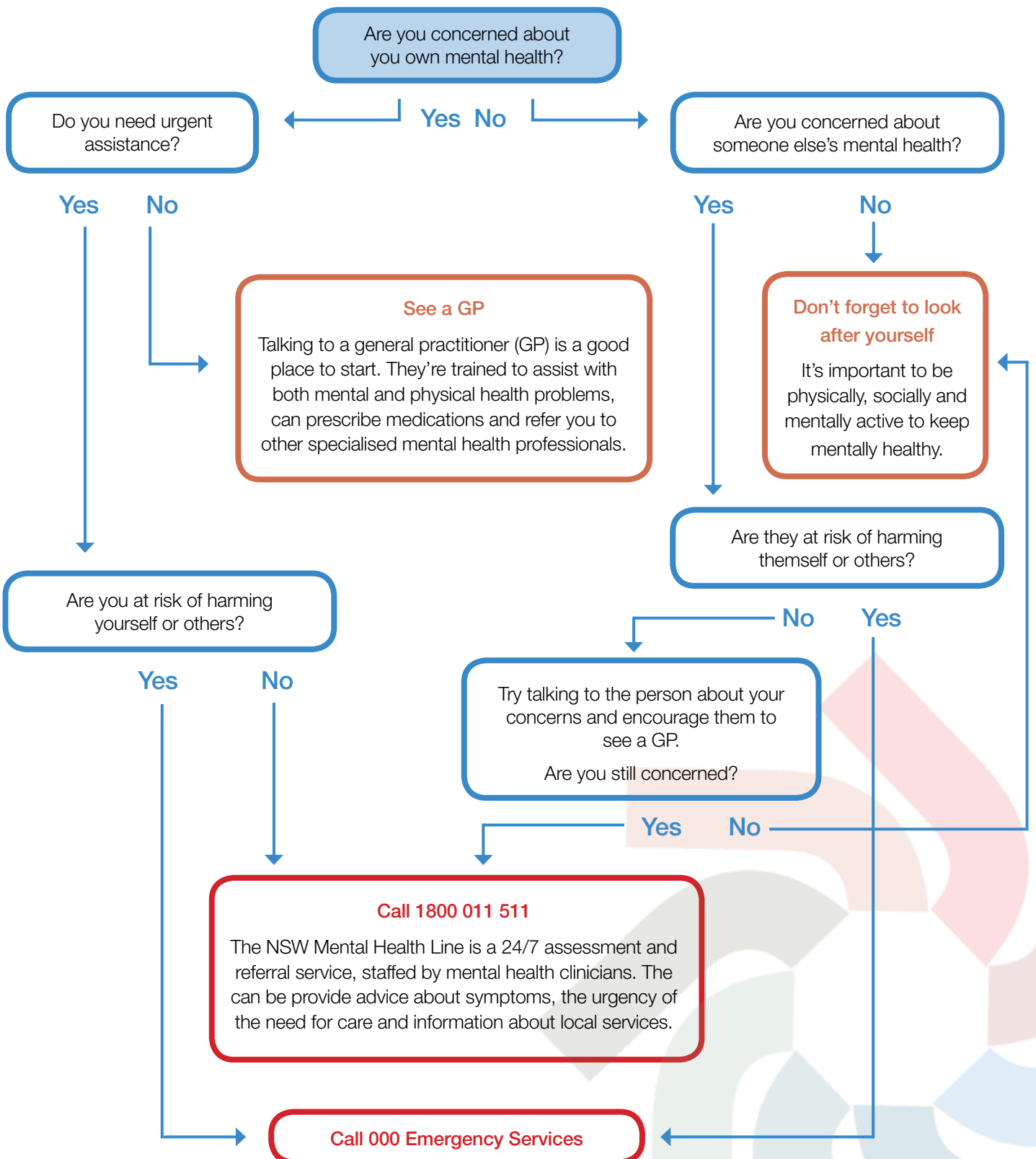


let's talk

where to find help for mental health concerns





See a GP

Talking to a general practitioner (GP) is a good place to start when you're looking for help and advice about your mental health. They look at both your mental and physical health, can talk with you, prescribe medications, develop a Mental Health Treatment Plan and refer you on to other specialised health professionals, like psychologists or social workers. GPs all have a medical degree, and some have extra training as well.

Anyone can see a GP, you simply call up and book an appointment. These usually last 10-15 minutes, but you can request a long appointment which will last for 20-30 minutes. Costs start at \$40 per session, but depending on the GP, some or all of the fee will be covered by Medicare. If you're worried about costs, you can ask around or call the GP practice to ask about their payment options.

Call 1800 011 511 – NSW Mental Health Line

The NSW Mental Health Line is a 24/7 service across NSW. You can speak with a trained professional about concerns for your own or someone else's mental health, and they will help to connect you with the care best suited to your needs.

Calls to the NSW Mental Health Line average about 10-15 minutes. They'll ask you some details about the person with the mental health concern, including name, history and what is worrying you. They'll then use this information to decide how urgently the person needs to see a professional for help, what services would be best for them, and give you advice on what to do next.

Call 000 – Emergency Services

If someone is at risk of harming themselves or others, it is important to contact emergency services for help. Police and Ambulance services are necessary in some cases to keep people safe. If they need to, they can take the person to the nearest emergency department where they can speak to a mental health professional for assessment and care.

If you're concerned about yourself or someone else's mental health you can call the NSW Mental Health Line 1800 011 511 for advice. If you or someone else is in immediate danger call 000 or go to your nearest hospital emergency department.



W: www.ramhp.com.au

E: ramhp@newcastle.edu.au

