

HEAD TO HEALTH : at a glance

Head to Health Digital Platform

headtohealth.gov.au

The Head to Health website includes over 750 evidence based digital mental health resources, apps and online programs for the community to access. This includes dedicated online forums, peer support services, chat and email services.

Head to Health Phone Service

[1800 595 212](tel:1800595212)

This state-wide phone service offers free confidential assessment and referral for anyone seeking help for their mental and emotional wellbeing and/or wanting to support a patient, or someone they care about. The phone service can also help to navigate the mental health system and provide information and onwards referral to services.

The phone service uses the Initial Assessment and Referral Decision Support Tool to direct the caller to the most appropriate service, based on their needs.

No appointment is needed, and referrals are not required. Operates Monday to Friday 8:30am to 5:00pm (including public holidays).

GPs and clinicians can also call the phone line to refer a patient or client.

Head to Health Sites

[1800 595 212](tel:1800595212) or headtohealth.gov.au

Head to Health sites offer a walk-in service providing advice, support and, if needed, assessment and treatment for people 18 years and over experiencing emotional and psychological distress. Services include support for family, carers and friends.

The centres offer immediate, short-term and medium-term care, and help connect people to ongoing services, when required.

Sites are staffed by mental health nurses, social workers, occupational therapists and peer support workers.

Available services include:

- Initial Assessment
- One-to one counselling
- Access to therapy groups
- Peer Support
- Care coordination with other services or agencies (e.g. NDIS)

If a client's care requires the input of a GP, psychologist or psychiatrist, site staff will facilitate this via referral. Referrals to access a site are not required, but are welcome from GPs, health professionals and other community services.

Open extended hours, including weekends. Opening hours vary from site to site. Current WA locations Midland, Mirrabooka, Gosnells and Armadale as at November 2023.