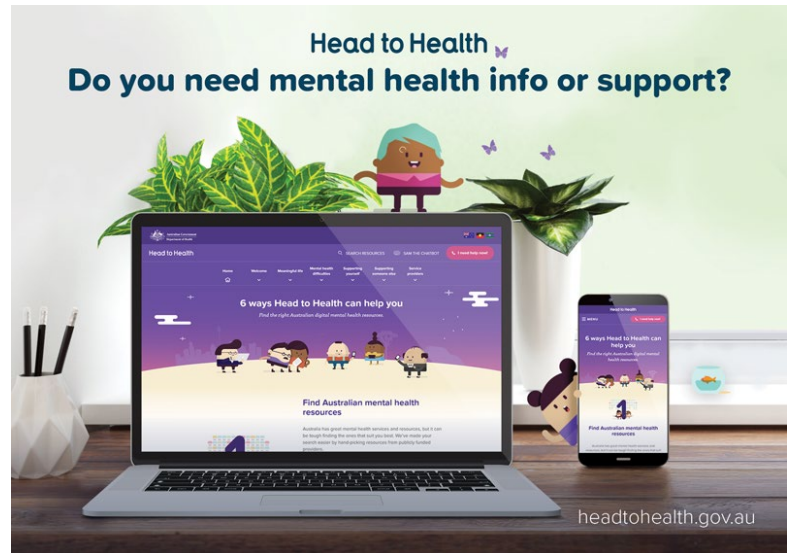


## Head to Health

Head to Health is a free and confidential support service funded by the Australian Government.



## What is Head to Health?

Head to Health can help you find digital mental health services from some of Australia’s most trusted mental health organisations. Provided by the Australian Government Department of Health and Aged Care, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources. Whether you are trying to improve your own sense of wellbeing, looking for help with something that is bothering you, or helping someone you care about – Head to Health is a good place to start.

In addition to the Head to Health website <https://www.headtohealth.gov.au/>, support is also available over the phone via **free call on 1800 595 212**, for advice and connection to the local mental health supports that are best for consumers.

## Who can use Head to Health?

Anyone of any age, including children, young people and older adults, families and carers, can contact Head to Health. Even if you have never sought help before, Head to Health is here for you.

When the consumer contacts the **Head to Health telephone line (1800 595 212)**, they will be asked to enter their postcode, and for southwestern, central western and northwestern Queensland, it will be routed to the **WQPHN’s** Head to Health Phone Service Provider, **RHealth**.

A trained worker will go through the Initial Assessment and Referral Guidance and Decision Support Tool (IAR DST) with a consumer or work with the caller to identify useful pathways to needed supports. For consumer callers, the IAR Guidance and Decision Support Tool (IAR DST) is a holistic decision-making framework that assists support workers and clinicians in matching consumers with the most appropriate mental health services for their needs.

Together, the Head to Health website and phone line provide a simple starting point to find mental health and wellbeing information, support, and services.

For more information or to discuss, please call the Head to Health telephone line ([1800 595 212](tel:1800595212)),