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## MEDIA RELEASE

### **A new way to access mental health and wellbeing support in Brisbane south**

Brisbane South PHN, Metro South Health and Neami National are pleased to announce that a new Head to Health Phone Service (Phone Service) is now available for people in the Brisbane South region. The Phone Service offers free and confidential support to access services for mental health and wellbeing.

Head to Health is a Commonwealth funded mental health initiative that offers access to mental health information, services and supports through multidisciplinary care teams and integration with existing services across the region.

If someone is unsure what supports are available for themselves or someone they care about, they can contact the Head to Health Phone Service on 1800 595 212 for advice, information or referral into the most appropriate local mental health service to meet their individual needs.

“Head to Health is about ensuring people get the right support at the right time in the right place,” said Mike Bosel, CEO at Brisbane South PHN. “No matter where you are across the region - whether you are on Southern Moreton Bay Islands, in Redlands, in Logan, in Beaudesert or in Brisbane areas - you can contact the service and speak to someone about the best placed option.”

Karen Thomas, Neami State and Territory Manager said, “Building strong relationships in the community, including with both clinical and community services, helps us provide the right support for consumers now and in the future.

“This includes connecting our consumers with a range of mental health professionals, including clinicians and those with lived experience of mental health challenges.

“When a person calls Head to Health an experienced professional will listen and work with them to find the best ways to get the help they need.”

A person can call the Head to Health Phone Service on 1800 595 212, between 8.30am to 5pm from Monday to Friday, to talk to someone about their needs and be connected to the appropriate service.

The Head to Health Phone Service also accepts referrals from General Practitioners, mental health services, community services, carers, families, and friends.

Brisbane South PHN, Metro South Health and Neami National are working together to implement Head to Health in the Brisbane South region.

Linda Hipper, Metro South Health Acting Executive Director, Addiction and Mental Health Services said, “Through Head to Health we are establishing a great partnership, and through co-location we will have a more integrated service available for our community.”

