

Reach out

During Mental Health Month

Mental health refers to our state of wellbeing and enables us to learn and work well, contribute to our communities, cope with stress, and realise our abilities.

October is Mental Health Month. This month encourages all of us to think about our mental health and wellbeing, regardless of if we have experienced mental illness or not. It gives us the chance to understand the importance of good mental health and encourages people to reach out for help when needed. Research shows that positive mental health is associated with increased learning, creativity and productivity, more positive relationships, and improved physical health and life expectancy.

Over two in five Australians aged 16-85 years will experience a mental illness during their lifetime.¹

Last year, 16,989 people in Western Sydney were diagnosed with a mental health condition.²

Over 3,000 people die by suicide in Australia each year, which is an average of nine lives lost per day.³

Mental Health in Western Sydney

Building strong social and personal relationships and feeling part of a community are crucial to preserving good mental health and contributing to people's recovery. However, if you are experiencing a mental health condition, it's important to remember that there are additional support services available. The earlier you seek support, the sooner you'll start to feel better.


Western Sydney is one of the most diverse communities in Australia, so WentWest, the Western Sydney Primary Health Network, works with partners across the region to provide culturally appropriate, timely and affordable services.

1. ABS 2022, National Study of Mental Health and Wellbeing

2. WentWest Health Information Unit, Mental Health GP Diagnostics data

3. Australian Bureau of Statistics 2021, Causes of Death, Australia





Head to Health - The Right Care, at The Right Time

Head to Health is a free phone line connecting community members to local services, including Head to Health hubs, for quality, timely care. Head to Health hubs are staffed by trained mental health professionals and peer workers who have been on similar mental health journeys.

If you need support, call Head to Health on
1800 595 212

“*I'm on my recovery journey now, so I can meet clients where they're at because I've been there. It really helps them to know they're not alone, there is someone who's been through what they're experiencing who can help guide them through.*”

– Rebecca Yu, Head to Health Peer Worker.

Know the Signs

If you think you or someone you know may be struggling, it's important to remember that there is support available. The following are signs that you or your loved one may benefit from speaking to a medical or mental health professional:

- ✓ Feeling anxious or worried
- ✓ Feeling depressed or unhappy
- ✓ Emotional outbursts
- ✓ Sleep problems
- ✓ Appetite or weight changes
- ✓ Being quiet or withdrawn
- ✓ Substance abuse
- ✓ Feeling guilty or worthless
- ✓ Sudden changes in behaviours or feelings

If you are experiencing any of these signs, please reach out to your GP or health professional for support.

For immediate crisis support call **Lifeline on 13 11 14** or the **Mental Health Line on 1800 011 511** and in an emergency, always call triple zero (000).

Find out more about mental health services available in Western Sydney:

wentwest.com.au/MentalHealth