

Mental Health

We all have a

Role to Play

Over the past few years, with COVID-19 to homeschooling, lockdowns to floods, Western Sydney has proven that when times are tough, our communities rally together to get through. Mental health has been one of the biggest challenges people have faced in our region though, and it's important to keep checking in and making sure everyone has access to the best support possible.

The theme of this year's Mental Health Month is, 'We All Have A Role To Play'. So, whether you're worried about a neighbour, or feeling a bit out of sorts yourself, now is the time to find out about free support services in your area and help change the stigma around mental health.

Six Tips to Boost Your Wellbeing

1. **Socialise:** spend time with friends and loved ones
2. **Make time for yourself:** play your favourite music, write a diary, meditate
3. **Speak up and listen:** talk to someone you trust, or be that listening ear
4. **Get active:** walk outside, do some yoga, join a free workout class
5. **Feed the soul:** nourish your body with some healthy recipes
6. **Recharge:** get enough sleep, practice mindfulness, and relax



Support for Adults: Head to Health

If you're not feeling OK, Head to Health provides free advice to help direct you to the best support networks. Head to Health Adult Mental Health Centre (AMHC) in Parramatta is open 9am to 9pm, Monday to Friday, and 3pm to 7pm on weekends and public holidays.

Their friendly team are happy to meet you at any stage of your mental health journey, whether it's popping in for a quick cup of coffee to destress, finding a quiet space to calm down, chatting to a peer worker with lived experience, talking to a psychologist, or working with a coordinator to find the best local service to support your needs.

The service is free to access, close to public transport, and requires no referral, Medicare card, or previous mental health diagnosis.

You can get a free appointment by calling the national Head to Health line on **1800 595 212** (8:30am to 5:00pm weekdays) or dropping into the centre at **Head to Health Parramatta, Ground Floor, Suite 1, 150 George St, Parramatta NSW 2150.**



Did you know?

Last year, headspace centres in Western Sydney provided **10,969 face-to-face sessions** to young people and **1,931 telephone sessions.**

Support for Young People: Headspace

Getting mental health support early on can arm young people with the tools to build happier, healthier, more productive lives leading into adulthood. In Western Sydney, there are headspace centres located in Parramatta, Mount Druitt, and Castle Hill to help young people aged 12-25 years old get the support they need. The headspace teams provide counselling, GP advice, peer advice, work and study support, help with alcohol and other drug challenges, and Early Psychosis services.

