

# HEAD TO HEALTH

**Are you feeling anxious, stressed or down?  
Then take the first steps and connect with  
your local Head to Health Hub.**

The Head to Health Hub at Shellharbour is a FREE service now available to support the mental health of people, of all ages.

If you're struggling with your mental health, now is the time to reach out, even if you've never felt like this or asked for help before.

The Hubs offers:

- ✓ free mental health support with no referral needed
- ✓ psychologist, case management and peer support in 1:1 and group formats
- ✓ no diagnosis or mental health treatment plan required
- ✓ unlimited sessions offered (reviewed every 3 months)

**To book an appointment with the Shellharbour Hub:**

- call **1800 372 000** and selection option 2
- walk into the Hub which is located at **Family Services House, Stockland Shellharbour City Centre** (entrance via the Lamerton Crescent carpark)

**For more info go to: [www.coordinare.org.au/headtohealthpopup/](http://www.coordinare.org.au/headtohealthpopup/)**

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**Family Services Australia**