

2025  
Mental Health Month

# Mental Health Information & Resources

**TAKING  
STEPS** ON YOUR  
**WELLBEING**  
**JOURNEY**



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# Mental Health Information & Resources

Mental health information and resources at your fingertips. With access to mental health information and resources in your local community and beyond, the Wayahead Mental Health Information Service is available for your needs.

- **Free service** available to everyone requiring mental health information or support
- **Private and confidential** – callers can remain anonymous if preferred
- Find **mental health and wellbeing services** for your individual needs
- **Online directory** of mental health, wellbeing and community services.

Wayahead  
Directory

Call 1300 794 991  
Mon-Fri (9am - 5pm)  
[info@wayahead.org.au](mailto:info@wayahead.org.au)  
[directory.wayahead.org.au](http://directory.wayahead.org.au)



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