

Support for Carers

These services offer free support, education, and connection for carers of people with mental illness or other health challenges.

- **Carer Gateway**
1800 422 737
Hours: 8am–5pm, Mon–Fri
www.carergateway.gov.au
- **Family and Carer Mental Health Program**
www.health.nsw.gov.au/mentalhealth/services/carers/Pages/support.aspx

Peer Support & Online Communities

- **Wayahead Anxiety Support Groups**
www.wayahead.org.au/anxiety-programs/support-group-locations/
- **Beyond Blue Forums**
forums.beyondblue.org.au
- **SANE Forums**
www.saneforums.org
- **Safe Havens**
health.nsw.gov.au/towardszerosuicides/Pages/safe-haven.aspx

Additional Support & Resources

- **Wayahead Directory**
Find mental health services and support across NSW
www.directory.wayahead.org.au
- **Embrace Multicultural Mental Health**
www.embracementalhealth.org.au
- **National Mental Health Commission**
www.mentalhealthcommission.gov.au/find-support

For Immediate Safety Concerns

If you are worried about your own or someone else's immediate safety, **call 000**.

24/7 Support Services

These helplines are available at all times for urgent mental health and crisis support.

- **Lifeline**
13 11 14
- **Suicide Call Back Service**
1300 659 467
- **NSW Mental Health Line**
1800 011 511
- **Beyond Blue**
1300 22 46 36
- **13YARN**
13 92 76
Crisis support for Aboriginal and Torres Strait Islander people
- **Kids Helpline**
1800 55 1800
- **Headspace**
1800 650 890
- **SANE Australia**
1800 187 263
- **Alcohol and Drug Information Service (ADIS)**
1800 250 01

General Helplines

(Available During Business Hours)

- **Wayahead**
1300 794 991
Hours: 9am–5pm, Monday to Friday
Help finding the right mental health service in NSW
- **QLife**
1800 184 527
Hours: 3pm–12am, daily
LGBTQI+ support and information

Professional Support

If you need additional help, speak to your GP for a mental health care plan and referral to a mental health professional.

2025 Mental Health Month

Taking Steps on Your Wellbeing Journey



Wayahead®

Proudly funded by

NSW
GOVERNMENT


Activate
WORK BETTER. LIVE BETTER.


MENTAL
HEALTH
MONTH
OCTOBER

Awareness

Step 1 AWARENESS

Noticing something has changed for you

The first step is noticing something has changed for you, maybe you're feeling different to your usual self, you've noticed a difference with how you think or what you think, you've noticed a change in how you spend your time/your day

Example: "You start to feel that something's wrong—maybe you're feeling more drained or overwhelmed than usual. This is the first step to realising that you need to pay attention to how you're feeling."

These steps are intended as suggestions or a **helpful guide** that you may consider on your wellbeing journey. Everyone's experience is different, and there's no single "right" way to move forward—you can move between these stages in a way that suits you best.

Self-Help Tools

These tools and resources are designed to help you manage your mental health and wellbeing independently.

Journaling

Write down your thoughts and feelings to better understand and manage emotions. This can help you reduce stress and mental clutter.

Free Mental Health Apps and Platforms

(all apps are accessible on iOS & Android Devices)

Acknowledgment

Step 2 ACKNOWLEDGMENT

Recognising that support may be helpful

The second step is realising that it's okay to need support. Asking for help isn't a sign of weakness; it's a sign of strength. It's important to recognise when you could use some help or guidance, and to feel comfortable reaching out.

Example: "You acknowledge that it's okay to reach out for help. Whether it's talking to a friend, family member, or a professional, getting support is a healthy and important step."

- **Black Dog Institute** (All Ages)
Offers research-based tools including CBT programs, sleep support for teens, resilience training for youth, and resources for adults with intellectual disabilities.
<https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/>
- **Smiling Minds App** (Ages 5+)
Mindfulness app with guided meditations for kids, teens, and adults—supports focus, emotional regulation, and stress management.
www.smilingmind.com.au/smiling-mind-app

Action

Step 3 ACTION

Taking concrete steps to improve your wellbeing

The third step is about doing something to improve your wellbeing. This might involve talking to someone, taking time for yourself, practicing self-care, or seeking professional help.

There will be times when we feel stuck, overwhelmed, or unmotivated—and that's okay. In those moments, even a **small step**, like reaching out to someone or pausing for a moment, can help us get back on track. These small actions help us **keep moving forward**, even when it doesn't feel like we're making much progress.

- **Medibank Digital Tools** (All Ages)
This page provides links to a variety of digital mental health apps, programs, and platforms designed to support people of all ages and needs.
www.medibank.com.au/health-support/mental-health/articles/digital-tools-for-mental-health/

Let's embrace the steps we've already taken and remember that every effort counts. No matter how slow things seem, **we're still moving forward**. This Mental Health Month let's keep looking after our wellbeing and support each other along the way.