

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
8am–5pm, Mon–Fri
carergateway.gov.au

Peer Support & Online Communities

Wayahead Directory

Find mental health services and support across NSW
directory.wayahead.org.au

Wayahead Anxiety Support Groups

wayahead.org.au/anxiety-programs/

Beyond Blue Forums

forums.beyondblue.org.au

headspace online support

headspace.org.au/online-and-phone-support/

SANE Forums

saneforums.org

Safe Havens

health.nsw.gov.au/towardszerosuicides/

Embrace Multicultural Mental Health

embracementalhealth.org.au

National Mental Health Commission

mentalhealthcommission.gov.au/find-support

Learn
more here



For Immediate Safety Concerns

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

24/7 Free 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

Alcohol and Drug Information Service (ADIS)

1800 250 015

Other Free Support Lines

Wayahead

1300 794 991

(help finding the right mental health service in NSW)
9am–5pm, Mon–Fri

headspace

1800 650 890
3pm–10pm, 7 days

SANE Australia

1800 187 263
10am–8pm, Mon–Fri

Witness to War Hotline

1800 845 198
9am–8pm, Mon–Fri

QLife

1800 184 527
3pm–9pm, 7 days

Professional Support

If you need additional help, **speak to your GP** for a Mental Health Care Plan and referral to a mental health professional.

Mental Health Month 2026

A little
Connection
goes a long way



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This year's Mental Health Month theme

A little Connection Goes a Long Way

highlights how everyday moments of connection can support our mental wellbeing.

Connection can take many forms – whether it's with others, the world around us, or ourselves.

Research shows that feeling connected can help reduce stress, improve emotional balance, and make it easier for us to cope with life's challenges.

Spending time alone can also support our wellbeing. Choosing quiet time for ourselves can help us recharge, reflect, and feel grounded. However, when time alone becomes unwanted or prolonged, it can impact our mental health.

Mental health challenges, cost-of living pressures, and barriers such as accessibility, time, or discrimination can sometimes make connection harder. When this happens, starting with small, manageable moments can help us build a sense of connection over time, in ways that fit our lives and circumstances.

This theme encourages people to notice what kinds of connection feel most supportive for them

– whether that's with people, places, routines, or moments that help you feel grounded, because every little connection truly matters.

What can Connection look like?



Reaching out to a service or trusted person for information or support.



Being in an online community or forum about a topic you're interested in.



Having a chat with a neighbour, cashier, support worker, barista, classmate, or colleague during an everyday routine.



Connecting with culture through language, land, food, music, stories, art, or Elders.

Spending time in a public or familiar place, such as a library, park, or local café – with family, a friend, a pet, or on your own.



Taking part in an **activity or hobby** that feels comfortable and easy to pick up, even for a short time.



Noticing and appreciating small interactions in daily life, such as a friendly greeting or smile, a familiar face, or a moment that makes you laugh.



Creating small routines that help you connect with yourself such as journaling, mindfulness, prayer, or time in nature.



What's one small way that would help you feel more connected?



Deeply listening during a conversation to try to really understand another person's perspective.