

## When you need help for your health (Mental Health)

When you're struggling with your emotions, moods or mental health, it can be hard to know where to go to find support that meets your needs. We know that women want accurate, reliable, and local information about their healthcare options.

Staying on top of your mental health can help you to better cope with stress, upsetting situations and experiences, and feel in control of your life.

For many people, a GP will be their first point of access for mental healthcare. A GP can create a Mental Health Plan for you and provide referrals for you to receive subsidised therapy from a psychologist or specialist care. They can also prescribe you medication for your mental health. It's important to ask about the different options that are available.

You may also be able to access some mental health support services in the community or over the phone without a referral.

When looking for mental health support, there are different options to choose from. Some differences in the services available include the price, how long you will need to wait for an appointment, the kind of treatment you are seeking and whether you will have an ongoing relationship with the practitioner. Some of the things you might consider are:

- How much you are willing or able to pay
- How close the service is to home, work, or campus
- Opening hours, availability of appointments, and wait times
- The kind of treatment you are seeking (medication, psychological therapy)

Whether you are seeking an ongoing relationship with a single practitioner

Other factors such as the gender of the health practitioner, if they are LGBTIQ+ affirming or their language skills

When deciding if your health care provider is right for you, ask yourself:

- Did I feel comfortable and supported with them?
- Was I able to ask the questions that I needed to?

Women's Health Matters is an independent, non-partisan think tank that works to improve the health and wellbeing of all women in the ACT and surrounding region. To learn more about us and what we do, visit [womenshealthmatters.org.au](http://womenshealthmatters.org.au)

## Where to go

If you are worried you may harm yourself or someone else, or need immediate help for someone else in this situation, please call 000.

### Lifeline

If you're not at risk of immediate harm but need to talk to someone now about your mental health, please call Lifeline on 131 114 (available 24/7).

### Canberra Head to Health

A free phonenumber and service. Call or walk in to chat to a professional who can assess your mental health and wellbeing, and recommend next steps. This might include support through Head to Health clinicians, referring you or providing you with online resources.

1800 595 212 or check [canberraheadtohealth.com.au](http://canberraheadtohealth.com.au) for weekday walk in hours at Shop 7 (Ground Floor), 14 Childers Street, Canberra City

### General Practitioners (GPs)

GPs are doctors who are the first place you go when you have a health issue, including with your mental health. GPs can prescribe you medication or refer you to a psychologist or psychiatrist.

You can search [healthdirect.gov.au/australian-health-services](http://healthdirect.gov.au/australian-health-services) for a list bulk billing GPs in the ACT based on postcode and accessibility requirements.

### ANU Counselling

A free, confidential, and non-diagnostic service available to all currently enrolled ANU students.

02 6125 2211 or [counselling.centre@anu.edu.au](mailto:counselling.centre@anu.edu.au)

### ANU Wellbeing and Support Line

A phone service for all current students stress and other mental health concerns, operating 5pm-9am weekdays, 24/7 weekends and public holidays.

1300 050 327 or text 0488 884 170.

### headspace ACT

A mental health service for young people aged 12-25 offering counselling, support, and resources for mild to moderate mental health and substance use issues. It is a free or low-cost confidential service.

02 6113 5700 or [info@headspacecanberra.org.au](mailto:info@headspacecanberra.org.au)

### Winnunga Nimmyjah Aboriginal Health and Community Services

A health service providing psychologists, psychiatrist, mental health nurses and counselling which is run by and free for the Aboriginal and/or Torres Strait Islander community.

02 6284 6222 or open weekdays at 63 Boolimba Crescent, Narrabundah

### Meridian Counselling

A confidential peer-led counselling service for people living with or impacted by HIV and LGBTIQ+ people. Services are low cost and charged based on annual income.

02 6257 2855 or email  
[wellbeingservices@meridianact.org.au](mailto:wellbeingservices@meridianact.org.au)

### Eating Disorders Clinical Hub

A public referral pathway for help with an eating disorder. Anyone can refer themselves or someone else for assessment and support.

02 5124 4326 or email  
[chs.eatingdisordersclinicalhub@act.gov.au](mailto:chs.eatingdisordersclinicalhub@act.gov.au)

### Canberra Rape Crisis Centre (CRCC)

Confidential counselling and support for women and children who have experienced any form of sexual assault or harassment recently or in the past, and can also assist with reporting.

02 6247 2525 or [www.crcc.org.au/contact-us/](http://www.crcc.org.au/contact-us/)

### 1800RESPECT

A 24/7 phonenumber and online service providing counselling, information on domestic, family and sexual violence.

1800 737 732 or [1800respect.org.au](http://1800respect.org.au)