

We're here to help you in times of need

Whether you're trying to improve your sense of wellbeing, looking for help with something that's bothering you, or helping someone you care about, Liverpool Head to Health is here for you.

Our team will work with you to understand what will help right now, and then if needed, help you find ongoing support.

We can provide:

- immediate help to reduce distress
- help to safely cope with thoughts of suicide
- help to navigate through a crisis
- support to improve your wellbeing
- help to connect with ongoing support.



Chat with our team.

Open from 1pm to 9.30pm (Monday, Wednesday-Sunday) and 1pm to 5pm (Tuesday).

203 Northumberland Street, Liverpool, 2170

Email LiverpoolHeadtoHealth@neaminational.org.au

www.neaminational.org.au/LiverpoolHeadtoHealth

Emergency contact.

If you or someone you care for needs immediate emergency assistance, call 000.

For 24-hour mental health support call Lifeline 13 11 14 or the NSW Mental Health Line on 1800 011 511.

Liverpool
HEAD TO HEALTH

A welcome and safe place to talk about your wellbeing.

Free and inclusive support for people experiencing distress, or who are worried about themselves or someone they care about.

Liverpool Head to Health is delivered by Neami National and funded by the South Western Sydney Primary Health Network.



We acknowledge the Traditional Owners of these regions and pay our respects to Elders past and present. We recognise that their sovereignty was never ceded and are committed to a positive future for the Aboriginal and Torres Strait Islander community.



We are committed to cultivating inclusive environments for people using our services, carers and staff. We celebrate, value and include people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

Open every day,
203 Northumberland Street,
Liverpool, 2170

Call 1800 595 212
neaminational.org.au/LiverpoolHeadtoHealth

A new way to access support.

Liverpool Head to Health is a free service offering mental health and wellbeing support in a safe and welcoming environment.

You can arrive from 1pm to 9.30pm Monday, Wednesday–Sunday and 1pm to 5pm on Tuesday, including weekends and public holidays.

Liverpool Head to Health is for all individuals who:

- are experiencing distress, feeling overwhelmed or are worried about themselves
- do not need urgent medical attention

We also offer support for carers and families of people experiencing distress.

A welcoming space for all.

Designed with the local community, Liverpool Head to Health offers a calm, warm and welcoming place to help everyone feel safe and accepted.



Finding a way forward, together.

Our recovery-focused approach helps us to understand your needs.

Knowing what matters to you means we can provide you with the right support for now and connect you with the right support for later.

Support from people who have a lived experience of mental health and wellbeing challenges.

Many of our staff have experienced mental health and wellbeing challenges and understand what you're going through. They will support your individual needs from the moment you arrive at Liverpool Head to Health to when you're ready to leave.

Working together to support the community.

We draw from a long history of providing recovery-based support alongside leading research

Our approach to mental health and wellbeing support, is made possible through collaboration and connection with existing services.

Working with the community, including clinical and community services, helps us provide the right support for each individual guest.

Refer someone you know.

If you know someone who may benefit from visiting Liverpool Head to Health, you can call 1800 595 212 to make a referral.

We also accept referrals from GPs, mental health services, community services, carers, families, and individuals.

