


# Local mental health support available during this challenging time

SWSPHN understands this is a challenging time in our community. Local support is available if you or someone you know needs it:

## Liverpool Head to Health

Head to Health is an open door if you are looking for mental health information, services and support for yourself or someone you care about.

 Address: 203 Northumberland Street, Liverpool

 Phone: 1800 595 212

 [Find out more about Head to Health](#)

## headspace Bankstown, Campbelltown, Liverpool


Mental health support for people aged 12–25 years.

### headspace Bankstown

 Address: Ground Floor, Suite 1, 41–45 Rickard Road, Bankstown


 Phone: 9393 9669

### headspace Campbelltown

 Address: Level 8, 171–179 Queen Street, Campbelltown

 Phone: 4627 9089

### headspace Liverpool

 Address: Street Level 1, 50 Macquarie Street North, Liverpool

 Phone: 8107 6100

 [Find out more about headspace](#)


## Headstart

Find what's right for you, with local and online services for everyone.

 [Find out more/access Headstart](#)

## Transcultural Mental Health Line

Mental health support for people from culturally and linguistically diverse communities in NSW.

 Phone: 1800 648 911

 [Find out more about the Transcultural Mental Health Line](#)

## Other mental health support:

Support  
is available

**Lifeline**

13 11 14

**Kids Helpline**

1800 55 1800

**Beyond Blue**

1300 22 46 36

**For advice and**

**connection to**

**specialist mental**

**health services**

1800 011 511

[health.nsw.gov.au](http://health.nsw.gov.au)

