

What is Help aHead?

We know it is not always easy to know where to go for help.

Help aHead is a place where you can talk to someone, feel heard, and get connected to the right support.

We work with you to understand what is going on in your life and help you find a way forward.

Who is it for?

Help aHead is for adults who may be experiencing:

- Mental health concerns like stress, anxiety, or low mood
- Feeling overwhelmed, confused, or distressed
- Challenges with alcohol or other drug use
- Life challenges such as housing, relationships, work, or money worries

You do not need a diagnosis or a referral to get support.

We also welcome:

- Family members and carers
- People looking for advice on how to support someone else

Grand Pacific Health is a for-purpose, primary health care organisation, whose services focus on physical health, mental health, youth health, Aboriginal health & chronic disease management.

Grand Pacific Health's vision is for equitable health care - where access to affordable, quality and culturally appropriate health services does not depend on where you live, or your background.

Other useful GPH Resources:

- Privacy Statement
- Your Rights & Your Role
- Complaints: how to give your feedback.

Contact Us

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This service is funded by



This service is delivered by



Help aHead
CARINGBAH

Supporting your mental health and wellbeing

How does Help aHead work?

Everyone's situation is different, so we do not take a one-size-fits-all approach. When you come to Help aHead, you will meet with a team member who will listen and take the time to understand your situation.

Together, we will:

- Focus on what matters most to you
- Find the right supports for your needs
- Stay connected as your needs change

Support may include:

- One-on-one support
- Group programs and activities
- Peer support from people who have their own lived experience
- Support for families and carers
- Help connecting with other services

What is the cost?

Help aHead is a free service funded by Central and Eastern Sydney Primary Health Network (CESPHN).

How can you access Help aHead?

You can access Help aHead in a way that works for you:

- Walk in to the hub during opening hours
- Call the Medicare Mental Health Phone Line on 1800 595 212 (Monday to Friday, 8:30 am to 5:00 pm, excluding public holidays). Let them know you would like to connect with Help aHead.
- Ask your GP or another health professional to refer you

Where is Help aHead located?

The Help aHead hub is in Caringbah:

**383 Port Hacking Road
Caringbah, NSW**

We also support people across the Sutherland Shire. We can meet you in a location that suits you, or offer support by phone or video if it is hard to leave home.

What is a Peer Worker?

A peer worker is someone who has experienced mental health challenges and/or suicidal distress themselves and used support services. They use their own experience to understand and support you.

What is a Clinician?

A clinician is a trained health professional, such as a psychologist, mental health nurse, or social worker. They provide professional support for your mental health and wellbeing.

What will we do together?

When you connect with Help aHead, we will:

- Understand what's happening in your life
- Focus on what matters most to you
- Build on your strengths and supports
- Connect you with the right services
- Provide holistic supports

We go at your pace, in a way that feels safe, respectful, and supportive.