

Mental Health and Wellbeing Hubs



What are Mental Health and Wellbeing Hubs?

The Mental Health and Wellbeing Hubs allow Victorians to access free and immediate support for mental health and wellbeing. The Hubs can connect you to the long-term support services that you need to get well and stay well.

Who is this service for?

This service is for Victorians of all ages who have any concerns about their mental health or wellbeing. Support is also available for families, friends, and carers of people who may be experience mental ill health or have concerns for their wellbeing. People can get support without any eligibility criteria or a referral from their GP.

How to access

To access this service call 1300 286 463 or email mentalhealthhubs@mindaustralia.org.au

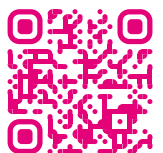
What kind of support is offered?

We offer a wide range of supports to help with life stressors, psychological distress and mental health concerns. These include: lowered mood, anxiety, substance use or addiction, homelessness, financial difficulties, loneliness or social isolation.

Mind support workers can help develop strategies to cope and provide direct connections to other health and social support services. The Hubs provide a mix of free face-to-face support, telehealth, mobile outreach, and online delivery services, groups and community activities.

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Mind acknowledges that Aboriginal and Torres Strait Islander peoples are the Traditional Custodians of the lands on which we work and we pay our respects to Elders past and present.

Mind values the experience and contribution of people from all cultures, genders, sexualities, bodies, abilities, spiritualities, ages and backgrounds.



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