



**Connect to Wellbeing**

**Providing access to mental  
health support in Northern NSW**

Phone **1300 160 339**

**[www.neaminational.org.au/CTWNC](http://www.neaminational.org.au/CTWNC)**

## **Connect to Wellbeing North Coast** helps people to connect with mental health and alcohol & other drugs (AOD) services across the NSW North Coast region.

### A 'no wrong door' approach

**Connect to Wellbeing North Coast** provides a flexible, responsive, single point of contact for consumers, carers, GPs, allied health professionals, and other agencies who are seeking to access or refer people to mental health and AOD services.

**HEALTHY  
NORTH COAST**

**phn**  
NORTH COAST  
An Australian Government Initiative

Connect to Wellbeing is a Neami National service funded by Healthy North Coast through the North Coast PHN program.

### How to refer

To find out more about the service or to make a referral, contact us:

**Phone** 1300 160 339

**[www.neaminational.org.au/CTWNC](http://www.neaminational.org.au/CTWNC)**

### Helplines

**Lifeline** 13 11 14

**Suicide Call Back Service** 1300 659 467

**NSW Mental Health Line** 1800 011 511

**Kids Helpline** 1800 55 1800

**1800 Respect** 1800 737 732

**MensLine** 1300 789 978

**Beyond Blue** 1300 22 4636

Please note that Connect to Wellbeing is not intended to support people who are at acute and immediate risk. If you or someone you care for needs immediate emergency support, please call 000 or Lifeline 13 11 14.