You’re not alone
Way2Wellness
1300 120 446
Way2Wellness can help if you’re:

1. Anxious about work or day-to-day life
2. Worried about something and not sure what to do
3. Stressed out or losing sleep
4. Just not feeling yourself
5. Concerned about the mental wellbeing of someone else
6. Feeling alone, like you have no one you can talk to

How it works

1. Call 1300 120 446 anytime Mon to Fri 11am – 7pm
2. Talk confidentially to an online supporter
3. We’ll ask a few questions to help understand your situation. This usually takes 30 minutes so it’s a good idea to call from somewhere comfortable and private
4. Based on what you tell us, we’ll connect you with online support tools and local services (including face-to-face support)
5. You can expect a follow-up call from us one week after your initial chat at a time that suits you and with the option of further follow up calls

Way2Wellness will be servicing the following Local Government Areas: Hornsby, Hunters Hill, Mosman, North Sydney, Northern Beaches, Lane Cove, Ryde, Willoughby, Ku-ring-gai.

Way2Wellness is provided by Lifeline Harbour to Hawkesbury in association with Lifeline Northern Beaches.

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Monday to Friday 11am – 7pm
way2wellness.org.au

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