



Feeling overwhelmed by COVID-19 and need some support?

Call HelpingMinds on 1800 811 747

HelpingMinds is providing **free emotional support services** to people in Western Australia and Northern Territory who feel overwhelmed by the current COVID-19 situation or their personal circumstances.

Through HelpingMinds **you can access three free phone or video counselling sessions** with a mental health professional, without the need for a GP referral.

Contact our friendly intake team for an assessment. **Free call 1800 811 747 between 8.30am and 4.30pm, Monday to Friday.** Appointments for phone and video counselling are available from 7am to 7pm.

Unfortunately, we are unable to provide crisis services. If you need immediate support outside of these hours, please call Lifeline on 13 11 14.

For more information, visit helpingminds.org.au/covid-19/