

Canberra  
**HEAD TO HEALTH**

# For mental health support Head to Health

Canberra Head to Health is a free mental health service that offers a standardised assessment to connect your patients with the right services.

[canberraheadtohealth.com.au](https://canberraheadtohealth.com.au)



# Head to Health

Head to Health bridges the gap in mental health care, helping Canberrans find the support they need.

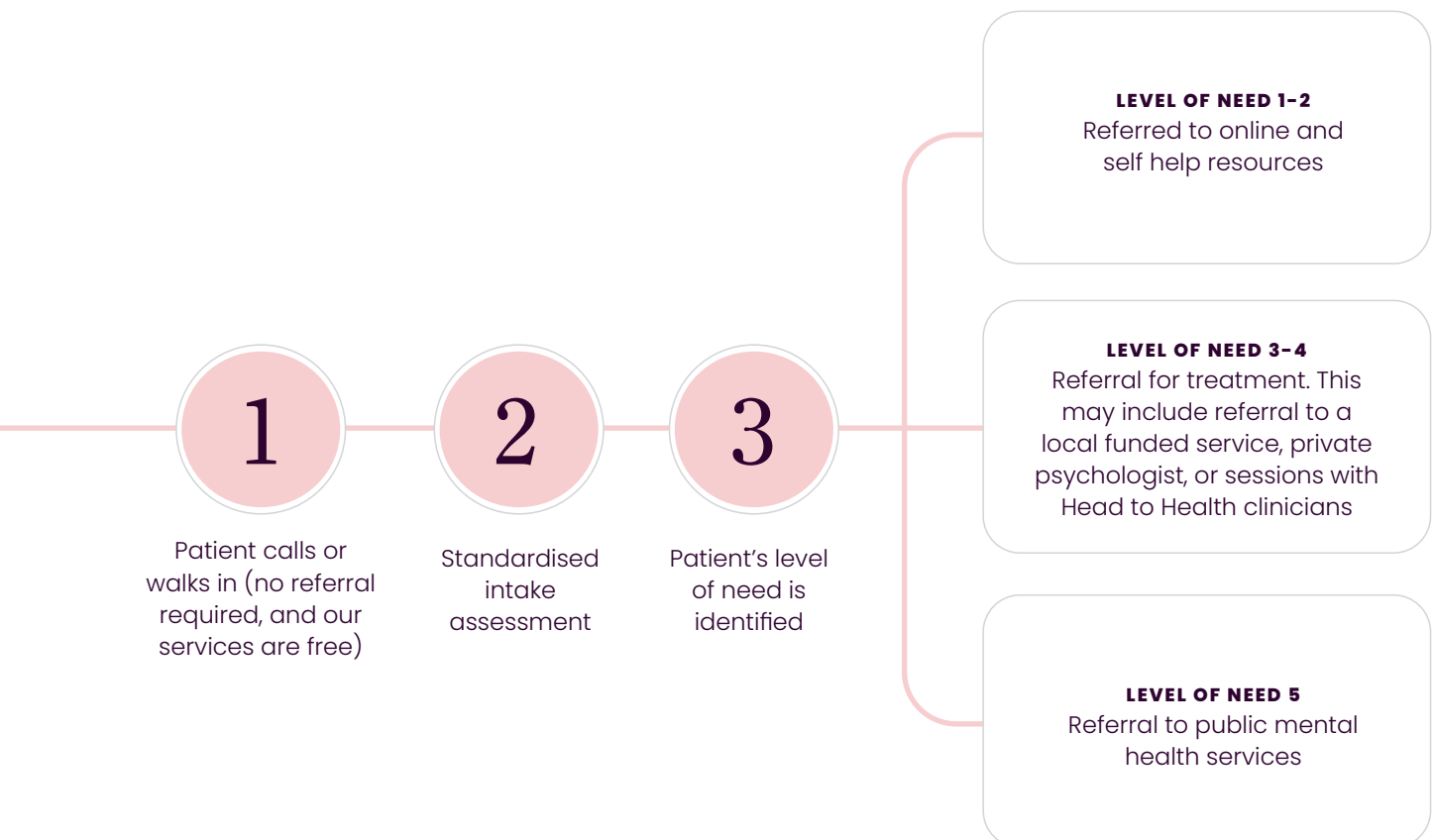
Head to Health is a free mental health care service available to the ACT via federal government funding. We don't require a referral or a Mental Health Care Plan. We take walk-ins, phone calls, and online enquiries.

Help us get the message out there – patients don't need to wait weeks or months to receive professional help.

Think Mental Health facilitates the Head to Health service. Our professionals can provide a range of services including intake, referral, service navigation and treatment.

## Support for Patients

A range of factors can impact mental health including the COVID-19 pandemic, stresses at home or work, trauma, grief, or life challenges. Your patients can contact the Canberra Head to Health Centre for a needs assessment and be supported with tools and access to mental health professionals.



# faqs

## Q. What is Canberra Head to Health?

The Canberra Head to Health Centre is a free, commonwealth funded service that is available to all those who live, work, or play within the ACT. The Centre provides both telephone-based and face-to-face support. We provide support to all patients in distress and can provide a standardised intake assessment to help assess needs (including risk) and connect them to the best services to meet their needs.

## Q. What type of support can my patient receive from the Canberra Head to Health Centre?

Head to Health provides holistic, person-centred mental health care. Patients are offered support when in distress and can undertake a standardised assessment to identify their mental health needs. We provide appropriate resources and referrals, helping patients to connect to the right services. Patients with moderate to severe mental health needs may be referred internally and receive individual or group-based interventions. **Importantly, our services are free – which is often a barrier to accessing mental health.**

## Q. How do I contact Head to Health?

Phone: 1800 595 212

**Address:** Canberra Head to Health, Shop G7 (Ground Floor), 14 Childers Street, Canberra City ACT 2601

**Opening hours:** 8:30am – 5:00pm  
Monday to Friday (closed public holidays)

**Request a call back:**

[canberraheadtohealth.com.au](http://canberraheadtohealth.com.au)

## Q. How do I refer patients to Head to Health?

Call the Canberra Head to Health Centre on 1800 595 212 to discuss a patient and services available, or encourage your patient to call us directly. **Patients do not need to have a mental health plan or formal referral to access our services.**


## Q. How is Head to Health different from other mental health support services?

There is no wrong approach to seeking help. Head to Health can provide either you or your patient information about our support options. Once a patient has been assessed, we actively follow up to ensure patients feel supported and any referrals are a good fit. We provide care coordination and, with consent, will ensure the assessment and recovery plan is shared with the treating team.

## Q. What is Think Mental Health's role in the Canberra Head to Health Centre?

The Canberra Head to Health Centre is staffed by a local organisation, Think Mental Health's (Think Psychology Solutions) multidisciplinary team of psychologists, mental health assistants, nurses, occupational therapists, and social workers, along with psychiatry input.





# Head to Health is a multi-purpose support service for Canberrans living with the impact of mental health.

**If you know of someone who could use these services, refer them today (a formal GP referral is not required).**

**Phone:** 1800 595 212

**Address:** Canberra Head to Health, Shop G7 (Ground Floor), 14 Childers Street, Canberra City ACT 2601

**Opening hours:** 8:30am – 5:00pm  
Monday to Friday (closed public holidays)

**After hours:** Request a call back via our website  
[canberraheadtohealth.com.au](http://canberraheadtohealth.com.au)

This service is supported by funding from the ACT PHN through the Australian Government's PHN Program.

**Funded by**

