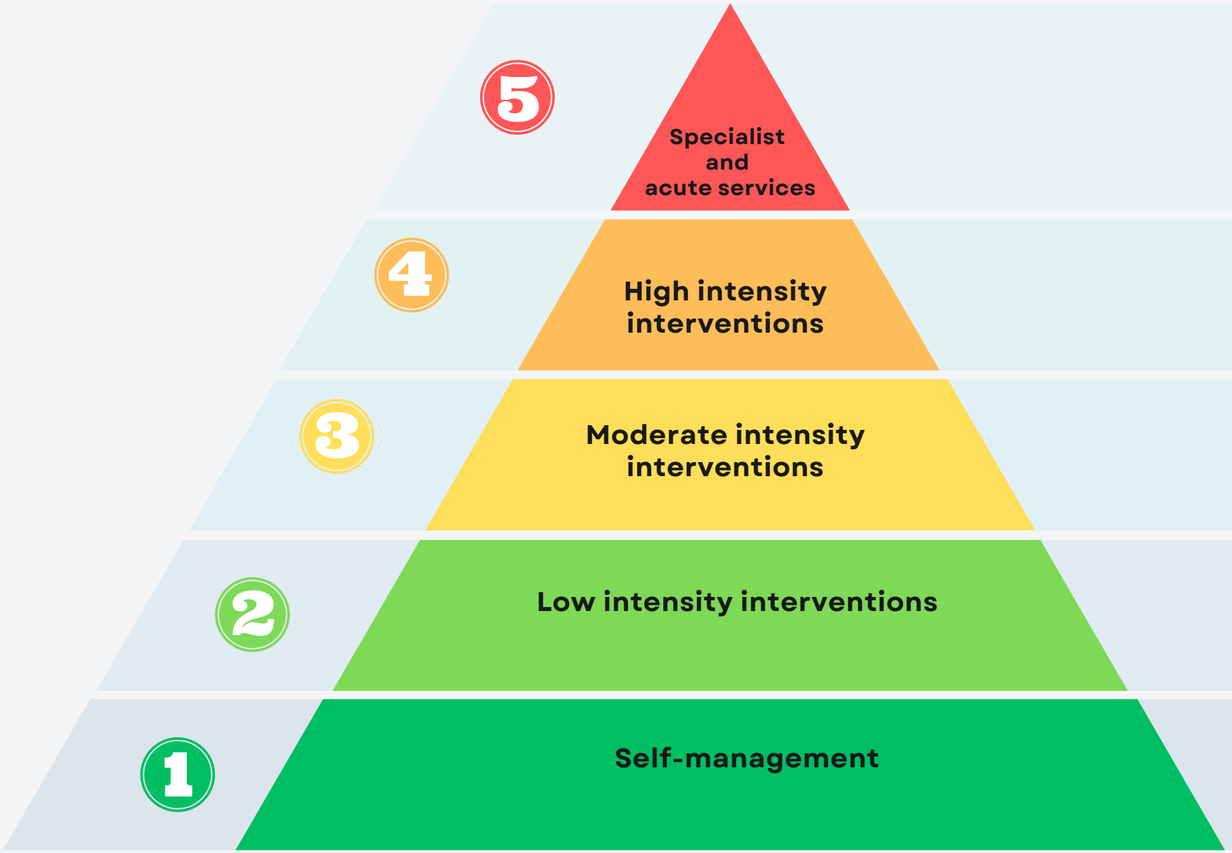
Mental Health and Wellbeing Services in the North



- Austin Health Psychiatric Triage **1300 859 789**
- Northern Hospital Psychiatric Triage **1300 874 243**
- St Vincent's Hospital Psychiatric Triage **1300 558 862**

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- Whittlesea Mental Health and Wellbeing Local **1800 571 145**

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- Head to Health **1800 595 212**
- Community Health Services

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- Head to Health **website**
- Wellbeing apps, podcasts, lifestyle modifications

NEMHSCA
NORTH EAST MENTAL HEALTH SERVICE COORDINATION ALLIANCE