

What is a Mental Health & Wellbeing Hub?

The new Mental Health & Wellbeing Hub in the Great South Coast provides mental health and wellbeing services and support to people of all ages.

The pandemic has affected everyone in different ways and it is important to take care of your mental health and know that help is available near you.

If you are having a difficult time or feeling overwhelmed, you can access free and flexible supports via a Mental Health & Wellbeing Hub.



wellways

helpline

Wellways Australia Limited

ABN 93 093 357 165
QLD / NSW / ACT / VIC / TAS
1300 111 400 | wellways.org

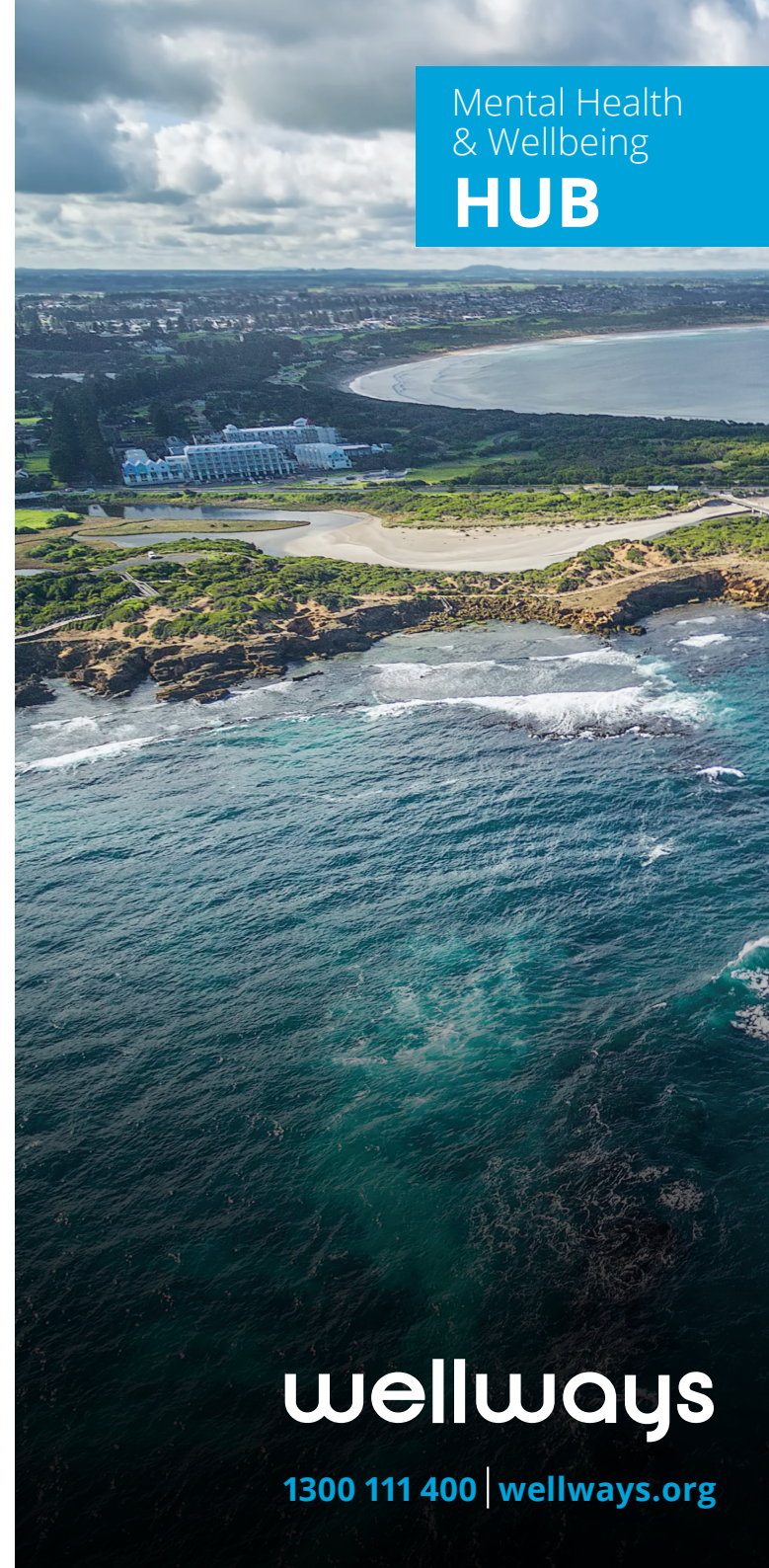
1300 111 500

mental health information,
support and referral advice
Monday to Friday 9am - 9pm
(excluding public holidays)



Wellways respectfully acknowledges the traditional custodians of the lands and waters of Australia.

We are committed to inclusive communities.



Mental Health & Wellbeing
HUB

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What services are available?

The new Mental Health & Wellbeing Hub will complement existing health services by supporting the recovery of people with new, or existing mental health challenges to get the help they need.

Practical services available include:

- wellbeing checks
- emotional support and wellbeing coaching
- someone to talk to, to understand your situation and encourage you to use your skills, resources and strengths to find solutions and support
- practical assistance to manage mental health symptoms and to address life stressors from homelessness, financial difficulties, and social isolation
- capacity building workshops and psychosocial groups activities

Our peer wellbeing workers will be available to people seeking support. Many of these people have their own experience of mental health challenges or caring for someone with mental health issues.

A peer wellbeing worker can also help locate and link you to other services that may be useful for your specific situation.

Who can use the services?

People of all ages with new, or existing mental health challenges can utilise services at a Hub.

Services are also available to family members and carers.

Referrals are accepted but not necessary and all services are free of charge.



How do I access support through the Hub?

You can access supports wherever suits you best – you can visit a Hub in person, have someone visit at your home, over the phone, in a café or park.

Phone to make an appointment on **5560 3000**.

Visit **www.partnersinwellbeing.org.au**

Our hub walk-in locations are:

Warrnambool: 505 Raglan Parade
Warrnambool

Hamilton: 130 Lonsdale Street
Hamilton

Portland: 18 Wellington Road
Portland

About Wellways

Wellways is operating a Mental Health & Wellbeing Hub in the Great South Coast with support from the Victorian Government.

Wellways works with individuals, families and communities to help them imagine and achieve better lives. We provide a range of services and assistance for people with mental health issues, disabilities and those requiring community care.

wellways.org