

A hand is holding a black smartphone. The phone's screen shows a message with a background of green grass and a white path. The text on the screen is white and reads: "You're not alone", "Way2Wellness", and "1300 120 446".

You're  
not alone

Way2Wellness  
1300 120 446

 Lifeline

## Way2Wellness can help if you're:

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

## How it works

- ➊ Call 1300 120 446 anytime Mon to Fri 11am – 7pm
- ➋ Talk confidentially to an online supporter
- ➌ 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
- ➍ Based on what you tell us, we'll connect you with online support tools and local services (including face-to-face support)
- ➎ 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.

**Way2Wellness 1300 120 446**  
Monday to Friday 11am – 7pm  
[way2wellness.org.au](http://way2wellness.org.au)

