

# LETSS

Lived Experience Telephone Support Service

# 1800 013 755

web chat:

[linkstowellbeing.org.au/services](http://linkstowellbeing.org.au/services)



## Mental Health phone and web chat support for everyone

365 days a year  
5pm - 11:30pm



**Links to Wellbeing**  
Local responses to community need

# LETSS

## Lived Experience Telephone Support Service

A telephone support service for anyone looking for support with mental health concerns, delivered by trained Peer Workers.

During a LETSS call, peer workers provide:

- information about mental health topics
- navigation of the mental health system
- real time support when you need it
- scheduled follow ups and wellbeing checks

**If you need to access the services mentioned above, chat with us today**

**LETSS Chat!**

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