



ABN: 91 137 573 436

Priority Property Services Pty Ltd

Mental Health and Wellbeing Help Line

What we're doing about mental health

Almost half of all Australian adults will face mental ill-health at some point in their lives. Making sure people can access care when they need it is critical. Find out how we're building a strong mental health system for Australia.

In an **emergency, call 000.**

Help is available 24 hours a day, 7 days a week, anywhere in Australia. If you need help now, call:

- [Lifeline](#) – 13 11 14
- [Kids Helpline](#) – 1800 55 1800
- [Mental Health Crisis Assessment and Treatment Team](#) in your state/territory
- [Beyond Blue](#) – 1300 224 636.

Find a [list of services that can help you right now](#) at Head to Health.

If you need urgent care, go to the emergency department at your local hospital. If you have private hospital insurance cover, you can [upgrade your cover to access in-hospital psychiatric care](#) and receive inpatient mental health care once, before the waiting period is completed.



PO Box 335 Baulkham Hills NSW 1755

Telephone: (02) 8860 9547 - Facsimile: (02) 8860 9548 – Email: info@pps2.com.au

www.pps2.com.au