

Partners in Wellbeing

This free service offers one-on-one support for Victorians aged 16 and over. We assist with improving wellbeing, developing coping strategies, and providing emotional support as needed.



Work out what is happening

Explore what is causing your stress or anxiety and understand your thoughts, feelings and experiences.

Get things under control

Develop ways to manage stress, anxiety and improve your wellbeing and resilience.



Support to get on with life

Identify people in your life, support services, and other resources to help you manage during times of stress.

Keep Connected

We keep in regular contact with you to provide emotional support, practical assistance and help you use the strategies you have identified to manage your stress, anxiety and improve your wellbeing.

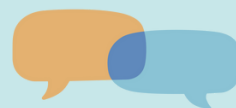


Link in with other services

Partners in Wellbeing can help you or someone you know with access and navigation to Mental Health and Wellbeing Local and Hub Services in your area.

**MENTAL HEALTH
& WELLBEING
HUB**

Mental Health and Wellbeing Hubs are available for Victorians of all ages to help anyone who is feeling overwhelmed or having a difficult time.



**mental health &
wellbeing local**

Mental Health and Wellbeing Locals are a free service for adults aged 26 and over. They provide treatment, care and support close to home.

For more information, scan the QR code to visit our website or use our [live chat](#) to speak with us directly



Monday to Friday: 9am - 5pm.
Closed on weekends and public holidays.

Call 1300 375 330 to get started.

www.partnersinwellbeing.org.au

Interpreter service and translations

If you need help to understand this information, call 1300 375 330.



We acknowledge the Traditional Custodians of the land we work on and pay our respects to Elders past, present and emerging.

