

If you are experiencing mental distress, you can get help at the Emergency Department.

Just as with any other health emergency, there is help at your local hospital 24/7.

If needed, you'll be assessed locally by the specialist **MHECS** team - the Mental Health Emergency Consultation Service.

Decisions can then be made with you about your best options for help and support.

If you or someone you know is feeling mentally distressed or suicidal, please call Accessline on **1800 800 944**, present to the nearest Emergency Department or call **000**.



Learn more about local health services at **facebook.com/yourLHAC**



BROUGHT TO YOU BY YOUR **LOCAL HEALTH** ADVISORY COMMITTEE IN PARTNERSHIP WITH:



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IF YOU NEED IMMEDIATE OR CRISIS SUPPORT CALL ACCESSLINE 1800 800 944
OR VISIT YOUR LOCAL HOSPITAL OR GP. IF A LIFE IS IN DANGER, CALL 000.