



Robyn Preston MP

Member for Hawkesbury

MEDIA RELEASE

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COMMUNITY ENCOURAGED TO CALL UNIQUE STATEWIDE MENTAL HEALTH PEER SUPPORT HELPLINE

People in The Hawkesbury who are struggling with their mental health and wellbeing are being reminded about an innovative mental health peer support phone line that is free to call and available now.

Member for Hawkesbury Robyn Preston MP said the NSW Government funded BEING Supported 'warmline' was there to support anyone looking for an understanding ear.

"This is there for anyone who needs help and would like to have a friendly, confidential conversation with someone who understands *what* they are going through."

Minister for Mental Health Bronnie Taylor said the unique service offered an alternative for people who would prefer not to initially speak to a doctor or nurse.

"There is no need for a referral, anyone can call this fantastic service which is staffed by trained staff who have been through mental health issues and emotional distress themselves."

"As well as providing that much needed connection through shared experience, the team can provide referrals to other services if more help is needed."

"BEING" is the NSW peak body for people with lived experience of mental health issues. The NSW Government is providing \$800,000 to the organisation to run the service as a six-month pilot until the end of 2020. The outcomes of the pilot will be independently evaluated.

This funding is part of the \$80 million package the NSW Government announced for the COVID-19 mental health response.

The warmline is available seven days a week between 10am to 4pm and 6pm to 10pm.

If you would like to have a conversation with a mental health peer worker, the number to call is 1800 151 151.

For more information, visit: <https://beingsupported.org.au/>

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