

# WHO CAN HELP WITH MENTAL HEALTH ISSUES?

- GP
  - Psychologists
  - Psychiatrists
  - Counsellors
- School counsellors
- Social workers and occupational therapists trained in mental health
- Mental health nurses
- Aboriginal and Torres Strait Islander health workers trained in mental health.

If you're worried about your own or someone else's mental health, start the conversation and access support. Visit [www.staychatty.com.au/get-help](http://www.staychatty.com.au/get-help) for a list of services.

Source - The Black Dog Institute (16)