

After Hours Mental Health Nurse Support Service



Ever needed mental health help after hours?

Sometimes stress, anxiety, depression or grief can be overwhelming. Our Mental Health Nurses provide a chance to meet with someone face to face, to get on top of things early.

If you prefer to not meet in person, you can freecall 1300 003 509 to talk with a nurse or we can arrange a telehealth video call session.

We can support you by:

- listening to your needs and concerns
- helping you know what steps to take next
- providing recommendations for ongoing support services
- checking in on how things are going down the track.

If you or someone you know are in an emergency or crisis contact 000 or Lifeline on 13 11 14.



This service is free of charge and no appointment is needed.

Where: After Hours GP Clinic

36 Wellington Rd Box Hill

Open: 6-11pm Monday- Friday

2-7pm Saturdays, Sundays and Public Holidays

Phone: 1300 003 509 (freecall)

Email: info@carringtonhealth.org.au