



## Are you OK?

Are you feeling stressed or anxious; low or depressed?  
Having difficulty sleeping?

Don't be afraid to ask for help.

A free and confidential **Mental Health and Wellbeing Helpline** for anyone feeling **low, anxious** or **depressed**.

The helpline is staffed by a team of mental health professionals who can provide assessment and support to callers through four main categories:



**Children and parents**



**Older Adults**



**Adults**



**Healthcare workers**

**The Mental Health helpline is available from 9 AM to 5 PM, Saturday to Thursday.**

To access the helpline:

(1) Call the tollfree number 16000 (2) Select the language (Arabic or English) (3) Press 4 for Mental Health

The helpline is staffed by a team of mental health professionals who can speak several languages.

