

16000

Are you OK?

**Are you worried about
your children's wellbeing?**

**Do they seem more anxious
than usual, or frightened to
go to school?**

A free and confidential **Mental Health and Wellbeing Helpline** for **parents and children** or **young adults** experiencing stress and anxiety.

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



Adults



Older 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.

