

16000

Are you OK?

Are you feeling stressed or
anxious; low or depressed?

Having difficulty sleeping?

A free and confidential **Mental Health and Wellbeing Helpline** for **adults or their families** 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:



Adults



Older Adults



Children and parents



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.

