

16000

## Are you OK?

Are you worried about your elderly parents or other older relatives' wellbeing?

Do they seem more anxious or frightened? Having difficulty sleeping?

A free and confidential **Mental Health and Wellbeing Helpline** for **older 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:



**Older Adults**



**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.

