

# Preparing for my first visit to a Mental Health and Wellbeing Local

## INTRODUCTION



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Mental Health and Wellbeing Locals (MHWL) are a free service for Victorians aged 26 and over.

If you would like to read more about how a MHWL can help you, visit the [Amaze website](#).

To find out where MHWLs are located, [click here](#). The list will be updated as new MHWLs open. You can find which MHWL is closest to where you live.

Once you've done this, you can contact them by the following ways:



Phone



Visiting the service in-person (no appointment needed)



MHWLs can come to see you at home, in some cases. This will need to be prearranged. Contact your MHWL via phone or in-person to discuss this.

**Some MHWL locations have designated times for walk-ins.**

**Check the website first, before going.**

**If you feel comfortable, you can call the MHWL to check.**

In the first section, there is some information to help you decide if you need a support person to help you, or not. There is a checklist to help you plan how to contact a MHWL.

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