

TEN – The Essential Network

Mental health support for health professionals



TEN provides free, confidential, and individualised mental health support. The service puts the healthcare professional at the centre of a range of care options, empowering them to choose combinations of care that match their needs, while removing barriers to access. Through TEN, health professionals can tailor their care, according to their individual needs. No referral, Medicare, or GP information is required to use TEN. All healthcare workers are eligible for the service.

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