

Keeping mentally well

If you live in the Campaspe and Murray areas these services can help

(see reverse for services and resources available)



Feeling anxious, overwhelmed, worried or stressed



Be active



Check out your local Community/ Neighbourhood house for programs and supports



Get creative in the kitchen with healthy meals and snacks



Talk to family and friends



Do something you enjoy or try something new



Take a break from screens – try getting out in nature or meditation to unwind



Look online for advice or staying mentally well



Still not feeling better and need more help



Talk to your GP about how you are feeling



Ring or go online for support/ counselling. Available 24/7



Ask your school who is the well-being person/team for students to talk to



Speak to someone who has been through something similar (peer support)



Talk to a local counsellor/ psychologist



Ask your workplace about Employee Assistance Program (EAP)



Feeling that you are at immediate risk of harm



Reach out to someone you trust to assist you to get help



Ring Mental health triage for hospital, crisis and suicide support (Enhanced Crisis Assessment Team) **1300 363 788** (VIC) or Accessline **1800 800 744** (NSW)



Ring Lifeline **13 11 14** or Suiceline **1300 657 251** Available 24/7



For immediate danger or concern ring **000**



What can I do to help others



Connect with friends and family and ask how they are coping



Take the time to listen



Find out what to do if a friend or family need help

Keeping mentally well

HeadtoHealth by calling 1800 595 212 to **find the best mental health support for you**. Talk with a trained mental health professional who will work with you to develop a package of support services.
www.headtohealthvic.org.au

Personalised self-help program for your mental health
MyCompass: www.mycompass.org.au

Interactive self-help book with exercises
Moodgym: www.moodgym.com.au

Mental fitness challenges designed to improve the wellbeing of young people 13 - 16 years old.
Bite Back: www.biteback.org.au

Talk it out Helpline offers free professional phone counselling services 24 hours a day, seven days a week 1300 022 946 for counselling support
<https://talkitoutmurray.org.au/>

Wellbeing Group supports; Echuca Regional Health Wellbeing and Primary Mental Health 5485 5800

Partners in Wellbeing one-on-one wellbeing coaching and support to people 16 years+ experiencing stress, anxiety, worry or being overwhelmed;
1300 375 330; www.acso.org.au/aod-mh-support

Support from your GP

Your local GP can work with you to:

- Develop strategies to improve and maintain your mental health
- Referral to a mental health provider
- Develop a mental health care plan

Local Counsellors/Psychologists

Psychological mental health services for children, adolescents and adults; Echuca Regional Health Wellbeing and Primary Mental Health 5485 5800

Counselling support and referral services

- Echuca Regional Health Wellbeing and Primary Mental Health 5485 5800
- Headspace Echuca counselling for young people aged 12 - 25, family and friends 5485 5048
www.headspace.org.au/echuca
- Kyabram & District Health Services 5857 0200
- Njernda Aboriginal Corporation Wellbeing unit 5480 6252
- Rochester & Elmore District Health Service 5484 4465
- Rural Mental Health Support (NSW) 1800 954 544
- MyStep to Mental Wellbeing (NSW) 1800 954 544

Psychology and counselling service (private providers)
Search online or ask your GP for a recommendation.

People bereaved or impacted by suicide

- Jesuits Social Services: 9421 7640
- Standby Murray – Support After Suicide: 0439 173 310

Support line/counselling 24/7

Immediate help for depression and anxiety
Beyond Blue: 1300 224 636

Counselling for children & young people aged 5 - 25
Kids HelpLine: 1800 55 1800

Counselling and online support for young people aged 12 - 25 and their families and friends.
ehespace online and phone support for web-chat or email support from 9am – 1am (AEST) every day of the year, or call 1800 650 890 ehespace.org.au

Counselling for men with emotional health and relationship concerns. *MensLine Australia: 1300 789 978*
LGBTIQA+ peer support and referral (3pm to Midnight)
Switchboard: 1800 184 527

Professional phone and online counselling if you or someone you know is feeling suicidal.
Suicide Call Back Service: 1300 659 467

Social & Emotional Wellbeing for Aboriginal Victorians
Yarning Safe'n'Strong: 1800 959 563

Crisis line for Aboriginal men
Brother to Brother: 1800 435 799

Alcohol and drug counselling and referral
DirectLine: 1800 888 236

Family Violence and sexual assault counselling
1800RESPECT: 1800 737 732

Peer support

Grief and Loss support group,
Tongala Community Health: 5857 0200

Support and information for family members and carers of individuals living with a mental illness

Helping others

How to **start a conversation** with someone you are worried about RUOK: www.ruok.org.au
Conversations Matter: www.conversationsmatter.com.au
Supporting someone with mental illness **Mental Health First Aid Training:** www.mhfa.com.au
(standard, youth, teen, older person, Aboriginal)

Supporting someone who might be **thinking of suicide** safeTALK training: www.MRSPAG.com.au
START (online training): www.livingworks.com.au



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