

## Family mediation, emergency housing, financial counselling

Anglicare:

Bendigo 5448 1000

Echuca 5482 0900

Swan Hill 5036 3200

Northern District Community Health Service 5451 0200

Mallee Family Care

Swan Hill 5032 4479

Kerang 5452 2863

## Parliamentarians

Damien Drum MP  
Member for Murray 5821 5371

Peter Walsh MP  
Member for Murray Plains 5482 2039

Andrew Broad MP  
Member for Mallee 1300 131 620

*This initiative is supported by*



# Dairy Support



*When times are tough  
it's ok to ask for help*

*This initiative is funded by the Victoria State Government*

## Mental Health Support/ Counselling/Social Work Services

Boort Medical Clinic 5451 5220

Swan Hill District Health 5032 9755

ACSO Connect 1300 022 760

Head Space  
(young people 12-25)  
Bendigo 5434 5345  
Swan Hill 4010 7100

Medicare funded  
psychological  
therapy Contact your  
local GP

Familyrelationships.gov.au 1800 050321

**Murray Dairy:  
Farm help/assistance/information**

murraydairy.com.au dairyaustralia.com.au dairyfarmercentral.com.au	5833 5312
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**Crisis Contacts: 24 hour services**

Police/ Ambulance / Fire	000
Mental Health Crisis	1300 363 788
Beyond Blue beyondblue.org.au	1300 224 636
Lifeline lifeline.org.au/Get- Help	13 11 14
DirectLine (alcohol & drugs) directline.org.au	1800 888 236

Kids Helpline kidshelpline.com.au	1800 551 800
Suicide Helpline suicideline.org.au	1300 651 251
Mensline mensline.org.au	1300 789 978
Gamblers Help	1800 858 858

**Rural Financial Counselling Services**

Victoria North East	1300 834 775
Victoria North West	1300 769 489

**Centrelink**

Australia Government Farmer Assistance Program	13 23 16
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**Emergency Relief Providers**

St Vincent de Paul	
Rochester	5484 3584
Echuca	5480 7621
Kyabram	5853 2473
Rushworth	5857 2280
Kerang	5452 2508
Swan Hill	5032 2632
Bendigo	5443 5688
Salvation Army	
Rochester	5484 1364
Echuca	5482 3184
Kyabram	5853 1129
Bendigo	5440 8450
Swan Hill	5033 1718

**Mental Health Support/  
Counselling/Social Work Services**

Crisis Support	1300 363 788
Rochester & Elmore District Health Service	5484 4465
Echuca Regional Health	5485 5800
Kyabram & District Health Service	5857 0200
Bendigo Community Health Services	5448 1600
Northern District Community Health Service	5451 0200
Inglewood & District Health Service	5431 7000