



Current Mental Health, Drug & Alcohol Status

Local statistics



How to cut your risk



Further information

QUITLINE
(quit smoking)
ph: 13 78 48
www.quit.org.au

BEYOND BLUE
ph: 1300 224 636
www.beyondblue.org.au

ALCOHOL & DRUG FOUNDATION
www.adf.org.au

LIFELINE
ph: 13 11 14
lifeline.org.au/get-help

DIRECTLINE
(alcohol & drugs)
ph: 1800 888 236
directline.org.au

SUICIDE HELPLINE
ph: 1300 651 251
suicideline.org.au

Local services

Echuca Regional Health ph: 5485 5800
Kyabram District Health ph: 5857 0200
Rochester & Elmore District Health ph: 5484 4400
Njernda Aboriginal Corporation ph: 5480 6252
Goulburn Valley Health ph: 5851 8000
Central Referral
ASCO Connect Intake & Referral ph: 1300 022 760

Mental Health Crisis Services
Regional Triage Service
ph: 1300 363 788 (24hr)
Echuca Community Mental Health
ph: 5480 7419

GP's
Medicare via mental health plan for psychological therapy.

Psychologists
Accredited Mental Health Social Workers and Occupational Therapists.