

Mental Health Support/ Counselling/Social Work Services

Crisis Support	1300 363 788
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Rochester & Elmore District Health Service	5484 4465
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Echuca Regional Health	5485 5800
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Kyabram & District Health Service	5857 0200
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Northern District Community Health Service Kerang	5451 0200
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Family Violence

Centre for Non-Violence Echuca	1800 884 292 03 5430 3000
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1800 Respect	1800 737 732
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Safe Steps	1800 015 188
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This initiative is supported by



Rural 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

ACSO Connect	1300 022 760
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Head Space (young people 12-25) Bendigo Shepparton	5434 5345 5823 8800
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Medicare funded psychological therapy	Contact your local GP
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Familyrelationships.gov.au	1800 050 321
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Murray Dairy: Farm help/assistance/information

murraydairy.com.au dairyaustralia.com.au dairyfarmercentral.com.au	5833 5312
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Family mediation, emergency housing, financial counselling

Anglicare:

Bendigo	5448 1000
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Echuca	5482 0900
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Northern District Community Health Service	5451 0200
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Crisis Contacts: 24 hour services

Police/Ambulance/Fire	000
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Mental Health Crisis	1300 363 788
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Beyond Blue beyondblue.org.au	1300 224 636
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Lifeline lifeline.org.au/Get-Help	13 11 14
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DirectLine (alcohol & drugs) directline.org.au	1800 888 236
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Nurse on call	1300 606 024
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Kids Helpline kidshelpline.com.au	1800 551 800
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Suicide Helpline suicideline.org.au	1300 651 251
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Mensline mensline.org.au	1300 789 978
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Gamblers Help	1800 858 858
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Rural Financial Counselling Services

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

Australia Government Farmer Assistance hotline	13 23 16
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Emergency Relief Providers

St Vincent de Paul

Rochester	5484 3584
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Echuca	5480 7621
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Kyabram	5853 2473
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Rushworth	5857 2280
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Kerang	5452 2508
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Bendigo	5443 5688
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Salvation Army

Rochester	5484 1364
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Echuca	5482 3184
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Kyabram	5853 1129
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Bendigo	5440 8450
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