

Mental Health Support Services During COVID-19

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Information correct at 1/5/2020 and is subject to change at any time.



Please note: Some organisations that previously offered a face-to-face service are currently only available by phone, video call or email.

MENTAL HEALTH CRISIS - 24 Hour Services - If you need urgent help, call triple zero (000)		CONTACT
Mental Health Regional Triage Service (Includes Campaspe)	24/7 Mental Health Triage for people in the Loddon Campaspe region - providing information, assessment and referral.	Ph: 1300 363 788
Accessline Mental Health Triage (NSW)	24/7 Mental Health Triage for anywhere in NSW. Crisis and non-crisis support and referral pathway for mental health, suicide, psychosis, alcohol and drugs and sexual assault.	Ph: 1800 800 944
Lifeline	24/7 Crisis Counselling , support groups and suicide prevention services.	Ph: 13 11 14 www.lifeline.org.au
Suicide Call Back Service	24/7 Support if you or someone you know is feeling suicidal.	Ph: 1300 659 467 suicidecallbackservice.org.au
beyondblue	24/7 Counselling over the phone, chat and online support groups.	Ph: 1300 224 636 https://beyondblue.org.au

LOCAL SERVICES - Mental Health Support/Counselling/Social Work Services		CONTACT
Echuca Community Mental Health Services (Bendigo Health)	Community Mental Health Team provides comprehensive mental health assessment, treatment & support to children, adolescents, adults & older adults. Access through Mental Health Regional Triage Service.	Ph: 1300 363 788
Echuca Regional Health	Generalist Counselling, Family Support, daily community response to COVID-19. These are phone/telehealth consultations only at this time.	Ph: (03) 5485 5800
Rochester & Elmore District Health Service	Social Work Services	Ph: (03) 5484 4465
Kyabram District Health Service	Social Work Services, Generalist Counselling Services	Ph: (03) 5857 0200
Rural Mental Health Support (NSW)	Non-crisis Mental Health Support	Ph: 1800 201 123
MyStep to Mental Wellbeing Western (NSW)	Stepped Care Service providing low, medium and high intensity psychological interventions.	Ph: 1800 954 544
General Practitioners	See your local GP if you are concerned about any aspect of your mental health.	https://www.healthdirect.gov.au/australian-health-services
Psychologists	Psychologists provide effective interventions for a range of mental health concerns. People may be eligible for a Medicare rebate if referred to by a GP. To find a psychologist ask a GP or go to the website.	https://www.healthdirect.gov.au/australian-health-services
Anglicare Victoria	Financial Counselling, Gambler's Help and Victims Assistance program.	Ph: 1800 244 323 www.anglicarevic.org.au
Psychosocial Recovery Services	Psychosocial Support for individuals who are not supported through the NDIS and are significantly affected by severe mental illness.	https://www.murrayphn.org.au/prs/

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OTHER MENTAL HEALTH SUPPORT SERVICES		CONTACT
headtohealth	An online gateway funded by the Australian Government that can help you find free and low-cost, trusted phone and online mental health resources.	https://headtohealth.gov.au/covid-19-support/covid-19
mindspot	Free phone and online service for people with stress, worry, anxiety, low mood or depression. It provides online assessment and treatment for anxiety and depression and can help you find local services.	Ph: 1800 614 434 Monday - Friday: 8am - 8pm. Saturday: 8am - 6pm. https://mindspot.org.au/
Black Dog Institute	Information for looking after your mental health during the coronavirus outbreak.	https://www.blackdoginstitute.org.au/coronavirus-anxiety-resources
Emerging Minds	Resources to assist parents and carers to best to support their children and reduce worry and distress.	https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/
headspace	Support to young people aged 12 - 25 years old by phone, online and chat services.	Ph: 1800 650 890 www.headspace.org.au/eheadspace/
Kidshelpline	Free phone and online counselling service for young people aged 5 - 25.	Ph: 1800 551 800 (24 hours a day, 7 days a week) https://kidshelpline.com.au/coronavirus
ReachOut	Support, tools and tips to help young people and parents concerned about mental health.	https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus
Older Australian's COVID-19 Support Line	Senior Australians their families and carers can call COVID-19 Support Line, the free call support line aimed at supporting the health of those affected by COVID-19.	Ph: 1800 171 866. Monday to Friday, except public holidays, 8.30am - 6pm.
SANE Australia	Provides support and information to people concerned about their mental health.	Ph: 1800 187 263 www.sane.org
1800Respect	Confidential counselling, information and support for people impacted by sexual assault, domestic or family violence and abuse via phone or online chat.	Ph:1800 737 732 (24 hours a day, 7 days a week) 1800Respect online chat 1800respect.org.au
Directline	Confidential alcohol and drug counselling and referral service.	Ph: 1800 888 236 (24 hours a day, 7 days a week) https://www.directline.org.au/online-counselling
Switchboard Victoria	Telephone and online counselling, information, and referral service for LGBTIQI people.	Ph:1800 184 527 (3pm - 12am, 7 days a week) http://www.switchboard.org.au/
MensLine	Telephone and online support and information service for Australian men. MensLine online counselling.	Ph: 1300 789 978 (24 hours a day, 7 days a week) mensline.org.au
Griefline	Phone and online counselling for people suffering loss and grief.	https://griefline.org.au/
Farming Community Counselling Service (NSW)	Free one to one counseling service for NSW farmers.	Ph: 0436 811 692
PANDA- National Perinatal Anxiety & Depression Helpline Service	Free, national helpline service for women, men and their families affected by perinatal anxiety and depression.	Ph: 1300 726 306 https://www.panda.org.au/info-support/pandas-national-perinatal-anxiety-depression-helpline