

**“When times are tough it’s ok to ask for help”**

## 24-HOUR CRISIS CONTACTS

Police / Ambulance / Fire	000	Kids Helpline	<a href="http://kidshelpline.com.au">kidshelpline.com.au</a>	1800 551 800	
Beyond Blue	<a href="http://beyondblue.org.au">beyondblue.org.au</a>	1300 224 636	Suicide Helpline	<a href="http://suicideline.org.au">suicideline.org.au</a>	1300 651 251
Lifeline	<a href="http://lifeline.org.au/Get-Help">lifeline.org.au/Get-Help</a>	13 11 14	Mensline	<a href="http://mensline.org.au">mensline.org.au</a>	1300 789 978
DirectLine (alcohol & drugs)	1800 888 236		Gamblers Help		1800 858 858
	<a href="http://directline.org.au">directline.org.au</a>				

## LOCAL MENTAL HEALTH CRISIS SERVICES

Contact the service closest to where you live

Bendigo	1300 363 788	Albury	1800 800 944
Echuca	1300 363 788	Seymour	1300 369 005
Wangaratta	1300 783 347	Shepparton	1300 369 005
Wodonga	1300 881 104	Swan Hill	1300 363 788

## LOCAL MENTAL HEALTH SUPPORT, COUNSELLING & SOCIAL WORK SERVICES

Rochester & Elmore District Health Service	5484 4465
Echuca Regional Health	5485 5800
Kyabram & District Health Service	5857 0200
Bendigo Community Health Services	5448 1600
Inglewood & District Health Service	5431 7000
Northern District Community Health Service	5451 0200
Swan Hill District Health Counselling Service	5033 9880
Wangaratta/Wodonga/Albury: Dairy Support Outreach	0467 736 244 or 5722 2677
Benalla Community Care Centre	5761 4500
Mansfield Family Counselling Services	5775 8061
Goulburn Valley Health: Seymour	5735 0333
Goulburn Valley Health: Shepparton	5832 2111
Numurkah District Health Service	5862 0560
Yarrawonga Health	5743 8500
Familyrelationships.gov.au	1800 050 321
Medicare funded psychological support referrals through local GPs	Contact your local GP
Headspace: <a href="http://www.headspace.org.au">www.headspace.org.au</a>	1800 650 890
The Orange Door – Mallee: <a href="http://orangedoor.vic.gov.au">orangedoor.vic.gov.au</a>	1800 290 943

**Murray Dairy: Farm help/assistance/information** 5833 5312

[www.murraydairy.com.au](http://www.murraydairy.com.au)  
[www.dairyaustralia.com.au](http://www.dairyaustralia.com.au)  
[www.dairyfarmercentral.com.au](http://www.dairyfarmercentral.com.au)

### Rural Financial Counselling Services Victoria

Victoria North East [www.rfcsvgicne.org.au](http://www.rfcsvgicne.org.au) 1300 834 775

Victoria North West 1300 769 489

**Australian Government Farmer Assistance Hotline (Centrelink)** 13 23 16

[www.humanservices.gov.au/customer/themes/rural-and-remote-australians](http://www.humanservices.gov.au/customer/themes/rural-and-remote-australians)  
[www.humanservices.gov.au/customer/services/centrelink/farm-household-allowance](http://www.humanservices.gov.au/customer/services/centrelink/farm-household-allowance)

Supported by your local Primary Care Partnership in partnership with Murray Dairy

