

Keeping mentally well

If you live in the Campaspe and Murray areas these services can help

(see reverse for services and resources available)



Feeling anxious, overwhelmed, worried or stressed



Be active



Check out your local Community/ Neighbourhood house for programs and supports



Get creative in the kitchen with healthy meals and snacks



Talk to family and friends



Do something you enjoy or try something new



Take a break from screens – try getting out in nature or meditation to unwind



Look online for advice or staying mentally well



Still not feeling better and need more help



Talk to your GP about how you are feeling



Ring or go online for support/ counselling. Available 24/7



Ask your school who is the well-being person/team for students to talk to



Speak to someone who has been through something similar (peer support)



Talk to a local counsellor/ psychologist



Ask your workplace about Employee Assistance Program (EAP)



Feeling that you are at immediate risk of harm



Reach out to someone you trust to assist you to get help



Ring Mental health triage for hospital support (Enhanced Crisis Assessment Team) **1300 363 788** (VIC) or Accessline **1800 800 744** (NSW)



Ring Lifeline **13 11 14** Available 24/7



For immediate danger or concern ring **000**



What can I do to help others



Connect with friends and family and ask how they are coping



Take the time to listen



Find out what to do if a friend or family need help

Keeping mentally well

Personalised self-help program for your mental health MyCompass: www.mycompass.org.au

Interactive self-help book with exercises Moodgym: www.moodgym.com.au

Mental fitness challenges designed to improve the wellbeing of young people 13 - 16 years old.

Bite Back: www.biteback.org.au

Talk it out Helpline offers free professional phone counselling services 24 hours a day, seven days a week 1300 022 946 for counselling support <https://talkitoutmurray.org.au/>

Support from your GP

Your local GP can work with you to:

- Develop strategies to improve and maintain your mental health
- Referral to a mental health provider
- Develop a mental health care plan

Local counsellors/psychologists

Psychological mental health services for children, adolescents and adults; Echuca Regional Health Wellbeing and Primary Mental Health 5485 5800

Counselling support and referral services

- Echuca Regional Health Wellbeing and Primary Mental Health 5485 5800
- Kyabram & District Health Services 5857 0200
- Njernda Aboriginal Corporation Wellbeing unit 5480 6252
- Rochester & Elmore District Health Service 5484 4465
- Rural Mental Health Support (NSW) 1800 954 544
- MyStep to Mental Wellbeing (NSW) 1800 954 544

Psychology and counselling service (private providers) Search online or ask your GP for a recommendation.

People bereaved or impacted by suicide

- Jesuits Social Services: 9421 7640
- Standby Murray – Support After Suicide: 0439 173 310

Support line/counselling 24/7

Crisis support, suicide prevention and mental health; for those at immediate risk to self or others;

- Mental Health regional triage service (includes Campaspe) ph 1300 363 788
- Accessline MH triage (NSW) ph 1800 800 944
- Lifeline: 13 11 14 or text 0477 13 11 14 (6pm –midnight)

Helping others

How to start a conversation with someone you are worried about RUOK: www.ruok.org.au

Conversations Matter: www.conversationsmatter.com.au

Supporting someone with mental illness Mental

Health First Aid Training: www.mhfa.com.au

(standard, youth, teen, older person, Aboriginal)

Community Inclusion Group; Echuca Regional Health Wellbeing and Primary Mental Health 5485 5800

Partners in Wellbeing one-on-one wellbeing coaching and support to people 16 years+ experiencing stress, anxiety, worry or being overwhelmed; 1300 375 330; partnersinwellbeing@acso.org.au www.acso.org.au/aod-mh-support

HeadtoHelp by calling 1800 595 212 to **find the best mental health support for you.** Talk with a trained mental health professional who will work with you to develop a package of support services.

Immediate help for depression and anxiety

Beyond Blue 1300 224 636

Counselling for children & young people aged 5 - 25 Kids HelpLine: 1800 55 1800

Online support and counselling for young people aged 12 - 25 and their families and friends.

eHeadspace: www.headspace.org.au/eheadspace/

Counselling for men with emotional health and relationship concerns. MensLine Australia: 1300 789 978

LGBTIQA+ peer support and referral (3pm to Midnight) Switchboard: 1800 184 527

Professional phone and online counselling if you or someone you know is feeling suicidal.

Suicide Call Back Service: 1300 659 467

Social & Emotional Wellbeing for Aboriginal Victorians Yarning Safe'n'Strong: 1800 959 563

Crisis line for Aboriginal men

Brother to Brother: 1800 435 799

Alcohol and drug counselling and referral

DirectLine: 1800 888 236

Family Violence and sexual assault counselling

1800RESPECT: 1800 737 732

Peer support

Community Inclusion Group; Echuca Regional Health Wellbeing and Primary Mental Health 5485 5800

Grief and Loss support group,

Tongala Community Health 5857 0200

Echuca Moama Carers Support Group;

Echuca Neighbourhood House 5480 1318

Support and information for family members and carers of individuals living with a mental illness

PS My Family Matters: 0475 269 965

Supporting someone who might be thinking of suicide safeTALK training: www.MRSPAG.com.au
START (online training): www.livingworks.com.au