

# KEEPING MENTALLY WELL

Sunraysia

If you live in the Sunraysia area these services can help

(see reverse for services and resources available)



## Feeling anxious, overwhelmed, worried or stressed



Be active



Check out your local Neighbourhood House for programs and supports



Get creative in the kitchen with healthy meals and snacks



Talk to family and friends or support services



Do something you enjoy or try something new



Take a break from screens - try meditation or getting outdoors to unwind



Look online for advice on staying mentally well



## Still not feeling better and need more help



Talk to your doctor/GP about how you are feeling



Call or go online for support/counselling, available 24/7



Ask your school about the wellbeing person/team for students to talk to



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



Talk to a local counsellor/psychologist or support services



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



Call mental health triage for hospital support (Enhanced Crisis Assessment Team) **1300 363 788**



Call Lifeline **13 11 14**, available 24/7



Call **000** for immediate danger or concern



## 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 friends or family need help

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## Advice on staying mentally well



### Personalised self-help program for your mental health

MyCompass: [www.mycompass.org.au](http://www.mycompass.org.au)

### Interactive self-help book with exercises

Moodgym: [www.moodgym.com.au](http://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](http://www.biteback.org.au)

## Talk to your local doctor/GP



### Your doctor/GP can develop a mental health plan with you:

- Develop strategies to improve and maintain your mental health
- Referral to mental health experts, like a psychologist
- Develop a mental health care plan

## Local counsellors/psychologists



### Mildura Health & Wellbeing Local

1800 979 730, 124 Deakin Ave Mildura (next to Services Australia building)

### Headspace Mildura

#### For people aged 12-25 years

5021 2400, 2/125 Pine Avenue Mildura or [www.headspace.org.au/headspace-centres/mildura/](http://www.headspace.org.au/headspace-centres/mildura/)

### Sunraysia Community Health Service

Mental Health & Wellbeing Services: 5022 5444, 137 Thirteenth Street Mildura, [www.schs.com.au](http://www.schs.com.au)

### Catholic Care

Psychological wellbeing service  
5051 000, [enquiries@centacaremildura.org.au](mailto:enquiries@centacaremildura.org.au)

### Anglicare Victoria

5025 9300, 138 Pine Avenue Mildura  
<https://www.anglicarevic.org.au>

### Mallee Family Care

Mental Health & Wellbeing Services  
5023 5966, 122 Ninth Street Mildura  
[mentalhealth@malleefamilycare.com.au](mailto:mentalhealth@malleefamilycare.com.au)

### Mallee Track Community Health Service (Ouyen)

Rural Outreach Program  
28 Britt Street Ouyen, 5092 1111 or 0429 090 942  
[www.mthcs.com.au](http://www.mthcs.com.au)

### Mallee District Aboriginal Services

Social and Emotional Wellbeing Hub  
Mildura 5018 4100, [www.mdas.org.au](http://www.mdas.org.au)  
Robinvale 4013 2000

### Robinvale District Health Service

Social and Emotional Wellbeing Support  
5051 8160, [www.rdhs.com.au](http://www.rdhs.com.au)

### Murray Valley Aboriginal Co-Operative (Robinvale)

Social and emotional wellbeing support  
5026 3353, [www.mvac.org.au](http://www.mvac.org.au)

## Counselling/Support lines



### Crisis support, suicide prevention and mental health

Lifeline: 13 11 14 or text 0477 13 11 14

### Immediate help for depression and anxiety

Beyond Blue: 1300 224 636

### Counselling for 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/](http://www.headspace.org.au/eheadspace/)

### Counselling for men including wellbeing, family and relationship support

MensLine Australia: 1300 78 99 78

### LGBTIQA+ peer support and referral

QLife: 1800 184 527 or [qlife.org.au](http://qlife.org.au)  
Qspace Network: 1800 LGBTIQ (1800 542 847) or [enquiries@ds.org.au](mailto:enquiries@ds.org.au)

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

Suicide Call Back Service: 1300 659 467

### Aboriginal and Torres Strait Islander crisis line

13 YARN - 13 92 76

Brother to Brother - 1800 435 799 (for men)

## Other services



### Rural counselling

Rural Aid: 1300 327 624, [ruralaid.org.au](http://ruralaid.org.au)  
Financial: 1300 735 578, [rfcsvictoriawest.com.au](http://rfcsvictoriawest.com.au)

### Financial Counselling

Mallee Family Care CLC: 50 235 966, 122 Ninth Street Mildura, [mfc@malleefamilycare.com.au](mailto:mfc@malleefamilycare.com.au)  
Anglicare Victoria: 50 259 300, 138 Pine Avenue Mildura

### Support for carers and family

Loddon Mallee Mental Health & Wellbeing Connect  
Mallee Family Care, 122 Ninth Street Mildura, 1800 979 730 to speak directly to a local family carer peer support worker,  
[LoddonMalleeMHWConnect@mindaustralia.org.au](mailto:LoddonMalleeMHWConnect@mindaustralia.org.au)

### Homelessness service

MASP (15-25yrs): 118 Pine Avenue Mildura, 5021 6500 or [info@masp.org.au](mailto:info@masp.org.au), [www.masp.org.au](http://www.masp.org.au)  
Haven Home Safe (Over 26yrs): 143a Lime Avenue Mildura, 1300 428 364 (9am-5pm) or 1800 825 955 after-hours, [havenhomesafe.org.au](http://havenhomesafe.org.au)

### Alcohol and other drugs counselling and referral

Australian Community Support Organisation (ACSO):  
1300 022 760 (9am-5pm weekdays) [acso.org.au](http://acso.org.au)  
DirectLine: 1800 888 236

### Family Violence and sexual assault counselling

Mallee Domestic Violence/Sexual Assault: 5021 2130 or 5025 5400, [www.msau-mdvs.org.au](http://www.msau-mdvs.org.au)  
The Orange Door Mallee: 1800 290 943, 113 Madden Avenue Mildura, [mallee@orangedoor.vic.gov.au](mailto:mallee@orangedoor.vic.gov.au)  
Victoria Police Family Violence Unit: 5018 5325

### People bereaved or impacted by Suicide

Standby Murray: 1300 727 247 [www.standbysupport.com.au](http://www.standbysupport.com.au)  
Thirilli: 1800 805 801, [www.thirilli.com.au](http://www.thirilli.com.au)

## How to help friends/family



### Supporting someone with mental illness

Mental Health First Aid Training: [www.mhfa.com.au](http://www.mhfa.com.au)  
(standard, youth, teen, older person, Aboriginal)

### How to start a conversation with someone you are worried about

R U OK?: [www.ruok.org.au](http://www.ruok.org.au)  
Conversations Matter: [www.conversationsmatter.org.au](http://www.conversationsmatter.org.au)

### Supporting someone who might be thinking of suicide

safeTALK training: [www.livingworks.com.au](http://www.livingworks.com.au)  
START (on-line training): [www.livingworks.com.au](http://www.livingworks.com.au)

For more information [Betterhealth.vic.gov.au](http://Betterhealth.vic.gov.au) (VIC)