

Keeping mentally well

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



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



Ask your workplace about Employee Assistance Program (EAP)



Feeling 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

Advice on staying 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 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, 122 Ninth Street Mildura (inside Mallee Family Care)

Headspace Mildura

For people aged 12-25 years

5021 2400, 2/125 Pine Avenue Mildura or www.headspace.org.au/headspace-centres/mildura/

Sunraysia Community Health Service

Counselling Service: 5022 5444 or www.schs.com.au
Head to Help: walk-in between 10am and 2pm weekdays
1800 595 212, www.headtohelp.org.au

Catholic Care

Psychological wellbeing service
5051 000, enquiries@centacaremildura.org.au

Anglicare

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

Mallee Family Care

Community Mental Health Recovery Service
5023 5966, mentalhealth@malleefamilycare.com.au

Mallee Track Community Health Service

Rural Outreach Program
28 Britt Street Ouyen, 5092 1111 or 0429 090 942
www.mthcs.com.au

Mallee District Aboriginal Services

Social and Emotional Wellbeing Hub
Mildura 5018 4100, www.mdas.org.au
Robinvale 4013 2000

Robinvale District Health Service

The Mental Drop-in Clinic
5051 8160, www.rdhs.com.au

Murray Valley Aboriginal Co-Operative (Robinvale)

Social and emotional wellbeing support
5026 3353, www.mvac.org.au

For more information Betterhealth.vic.gov.au (VIC) or
Health.nsw.gov.au/mentalhealth (NSW)

Counselling/Support lines



Crisis support, suicide prevention and mental health

Lifeline: 13 11 14 or text 0477 13 11 14

Free phone & On-line counselling over 15 years

www.talkitoutmurray.org.au or 1300 022 946

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/

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
Qspace Network: 1800 LGBTIQ (1800 542 847) or 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
Financial: 1300 735 578, rfcsvictoriawest.com.au

Homelessness service

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

Alcohol and other drugs counselling and referral

Australian Community Support Organisation (ACSO): 1300 022 760 (9am-5pm weekdays) 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
The Orange Door Mallee: 1800 290 943, 113 Madden Avenue Mildura, mallee@orangedoor.vic.gov.au
Victoria Police Family Violence Unit: 5018 5325

How to help friends/family



People bereaved or impacted by Suicide

Standby Murray: 1300 727 247
www.standbysupport.com.au
Thirilli: 1800 805 801, www.thirilli.com.au

Supporting someone with mental illness

Mental Health First Aid Training: 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
Conversations Matter: www.conversationsmatter.org.au

Supporting someone who might be thinking of suicide

safeTALK training: www.livingworks.com.au
START (on-line training): www.livingworks.com.au