

# Keeping mentally well

If you live in the Campaspe and Murray 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 about how you are feeling



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



Ask your school who is 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 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** (VIC) or Accessline **1800 800 944** (NSW)



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

### A customisable self-help tool for your mental health

myCompass: [mycompass.org.au](http://mycompass.org.au)



### Interactive self-help book with training modules

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

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

Bite Back: [biteback.org.au](http://biteback.org.au)

## Talk to your local doctor

### Your doctor 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

### Echuca Regional Health Wellbeing and Primary Mental Health 5485 5800



### Greater Bendigo-Loddon-Campaspe Mental Health and Wellbeing Local 5412 6600 (26 years and above)

headspace Echuca 5485 5048 (12-25 years)

Kyabram & District Health Services 5857 0200

Loddon Children's Health and Wellbeing Local 1800 433 977 (0-11 years)

Njernda Aboriginal Corporation Wellbeing Unit 5480 6252

Rochester & Elmore District Health Service 5484 4465

Deniliquin Specialist Community Mental Health Drug and Alcohol Service 5882 2700 (NSW)

MyStep to Mental Wellbeing 1800 931 603 (NSW)

## How to help friends/family

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

R U OK?: [ruok.org.au](http://ruok.org.au)

Conversations Matter: [conversationsmatter.org.au](http://conversationsmatter.org.au)



### Supporting someone with mental illness

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

### Supporting someone who might be thinking of suicide

LivingWorks: [livingworks.com.au](http://livingworks.com.au)

Applied Suicide Intervention Skills (ASIST) training

## Counselling/Support line



### Crisis support, suicide prevention and mental health

Lifeline: 13 11 14 or text 0477 13 11 14

### Mental health guidance and advice

Head to Health: [headtohelp.org.au](http://headtohelp.org.au), 1800 595 212

Mental Health Line: 1800 011 511 (NSW)

### 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: [headspace.org.au/eheadspace/](http://headspace.org.au/eheadspace/)

### Counselling for men with emotional health and relationship concerns

MensLine Australia: 1300 78 99 78

### LGBTIQA+ peer support and referral (3pm to midnight)

QLife: 1800 184 527

### 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



### People bereaved or impacted by suicide

Standby Support After Suicide: 1300 727 247  
[standbysupport.com.au](http://standbysupport.com.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

The Orange Door Loddon: 1800 290 943, [orangedoor.vic.gov.au](http://orangedoor.vic.gov.au)  
Centre Against Sexual Assault: 5441 0430, [casacv.org.au](http://casacv.org.au)

### Homelessness service

Haven Home Safe: 1300 428 364 (9am-5pm) or 1800 825 955 after-hours, [havenhomesafe.org.au](http://havenhomesafe.org.au)  
Anglicare Victoria: 5482 0900, [anglicarevic.org.au](http://anglicarevic.org.au)  
Njernda Aboriginal Corporation Family Services: 5480 6252, [njernda.com.au](http://njernda.com.au)

### Rural counselling

Financial: 1300 834 775, [rfcscvicne.org.au](http://rfcscvicne.org.au)  
Rural Aid: 1300 327 624, [ruralaid.org.au](http://ruralaid.org.au)  
Farming Community Counselling: 0436 811 692 (NSW)

### Community inclusion

Community Inclusion Group: 5485 5800  
Echuca Moama Pride: [info@empi.org.au](mailto:info@empi.org.au)

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