**Campaspe Murray** 

# 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



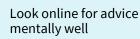
Talk to family and friends or support services



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



# 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







Echuca Regional Health



mental health & wellbeing local



Njernda murray river

What can I do to

Connect with friends

and family and ask

Take the time to

how they are coping

Find out what to do if

friends or family need

help others

listen

help

council



#### Advice on staying mentally well

A customisable self-help tool for your mental health

myCompass: mycompass.org.au

Interactive self-help book with training modules Moodgym: moodgym.com.au

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

Conversations Matter: conversationsmatter.org.au

**Supporting someone with mental illness** Mental Health First Aid Training: mhfa.com.au (standard, youth, teen, older person, Aboriginal)

Supporting someone who might be thinking of suicide LivingWorks: 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, 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/

**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

**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** The Orange Door Loddon: 1800 290 943, orangedoor.vic.gov.au

Centre Against Sexual Assault: 5441 0430, casacv.org.au

#### **Homelessness service**

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

#### **Rural counselling**

Financial: 1300 834 775, rfcsvicne.org.au Rural Aid: 1300 327 624, ruralaid.org.au Farming Community Counselling: 0436 811 692 (NSW)

#### **Community inclusion**

Community Inclusion Group: 5485 5800 Echuca Moama Pride: info@empi.org.au

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

We acknowledge the First Peoples of Australia who are the Traditional Custodians of the land and water where we live, work and play. We welcome all cultures, nationalities and religions. Being inclusive and providing equitable healthcare is our commitment.