## Campaspe Murray

# **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

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# 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 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



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

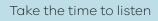


For immediate danger or concern ring **000** 



### What can I do to help others

Connect with friends and family and ask how they are coping





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

#### 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: <a href="http://www.ruok.org.au">www.ruok.org.au</a>

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)

#### **week** 1300 022 946 for counselling support https://talkitoutmurray.org.au/

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

**Partners in Wellbeing** Free state-wide service which provides one-on-one wellbeing coaching and support to people 16 years and over experiencing feelings of stress, anxiety, worry or being overwhelmed; 1300 375 330; partnersinwellbeing@acso.org.au www.acso.org.au/aod-mh-support

#### 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

<mark>Grief and Loss support group</mark>, 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















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