

A Community Guide to Services in the South Coast - Mental Health and Wellbeing



Looking After Your Mental Health and Wellbeing



Self-Care Suggestions

The COVID-19 pandemic has had profound impacts on all parts of our lives, including our mental health and wellbeing. Be extra kind to yourself. Try to remain positive and compassionate. You might like to try out these tips to remain mentally, emotionally and physically healthy.

Meditate

Meditation can help reduce stress, improve focus and feel calm during times of change.

- [Headspace](#) provides access to a number of free meditations.
- [Smiling Mind](#) has a free mindfulness app.

Exercise

Exercise can do wonders for your mental and physical health. Moving your body releases endorphins and improves overall wellbeing. Set yourself some simple movement goals and think of ways to build long term sustainable habits into your daily schedule. For inspiration check our [Step Outside. Move Your Way](#) webpage for a list of walks and groups within your area.



Eat Well

Following a healthy pattern of eating is linked with better stress management, improved sleep quality and better mental wellbeing. Choose a wide variety of foods from the five food groups every day. Find inspiration by visiting [Cook Well Eat Well](#).

Keep Connected

Keeping connected with loved ones is important for your mental health. It can increase feelings of belonging, purpose, happiness and reduce stress.

Get Quality Sleep

Quality sleep allows us to wake feeling refreshed and better cope with the challenges you may face. If you are having trouble switching off your mind try [sleep by headspace](#).

Ask for Help

It can help to talk to someone about what you are feeling, whether that be a friend, family member, doctor or counsellor.



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Online Support & Information

There are many resources and information sources available online to support your mental health and wellbeing. The sites below provide a range of credible services and information.

Head to Health - www.headtohealth.gov.au

A great starting point to help you find mental health services; including apps, online programs and forums, phone services and information sources.

BeyondBlue - Coronavirus Mental Wellbeing Support Service

Information, advice and strategies to help you manage your wellbeing.

- Speak with a counsellor - 1300 22 4636 or via [online chat](#)
- Connect on the [online forum](#)
- Access [information, advice and strategies](#)



HeadtoHelp - 1800 595 212

Free support and advice on finding the best ways to get the help you need.

Mind Spot - 1800 61 44 34

Online assessment and treatment for anxiety and depression.

Black Dog Institute - myCompass - www.mycompass.org.au

A personalised on-line self-help tool for your mental health.

Kids Help Line - 1800 55 1800

Free, confidential 24/7 phone and online counselling service for young people aged 5 - 25 years.

eheadspace - 1800 650 890

Free online and telephone support and counselling for young people 12 - 25 years.

Switch Board - 1800 184 527

Peer-driven support services for LGBTIQ+ people, their families, allies and communities.

VACCHO - Looking After Yourself

Wellbeing advice and support for Aboriginal persons.

Lifeline - 13 11 14

24/7 crisis support and suicide prevention services.

If life is in danger CALL 000.



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Local Services

Visit your GP

Make an appointment with your doctor to discuss your mental health and if appropriate to develop a Mental Health Care Plan. This support plan can help you through your mental health issues and provide access to mental health experts, covering some or all of the costs.

Bass Coast Health - Counselling Services - (03) 5671 3175

Free specialised therapy for eligible children and adults with mild to moderate mental illness (e.g. depression or anxiety) under a Mental Health Care Plan.

Gippsland Southern Health Service - Social Work Services (03) 5654 2737

Support with life's challenges through counselling, assisting with advocacy and providing information and referrals. Free and available across all age ranges.

South Gippsland Hospital - Psychologists/Counsellors (03) 5683 9780

Professional and confidential psychology and counselling services are available to individuals, couples, adolescents and children at the Community Health Centre. Medicare rebate, private health care rebate or bulk billing may be available.

Uniting Vic.Tas - (03) 5662 5150

Free generalist counselling service, available across all age ranges.

WellWays - NewAccess - (03) 5622 4140

Free mental health coaching program for anyone 18 years and over and is living/working in the Gippsland region.

headspace Wonthaggi - (03) 5671 5900

Free confidential support services for young people aged between 12 - 25 years. They can answer any questions or concerns you may have about your mental health, drug and alcohol issues, general health, sexual health and relationships.

Korumburra & Wonthaggi Community Mental Health Service Latrobe Regional Hospital

Mental Health Triage 1300 363 322

Mental health crisis and assessment service.

Services available for:

- Children and Youth (under 18 years)
- Adults (18-65 years)
- Older Adults (65+)

To find more services available near you visit:

Healthdirect - 1800 022 222

Ask Izzy

