

# Taking care of someone

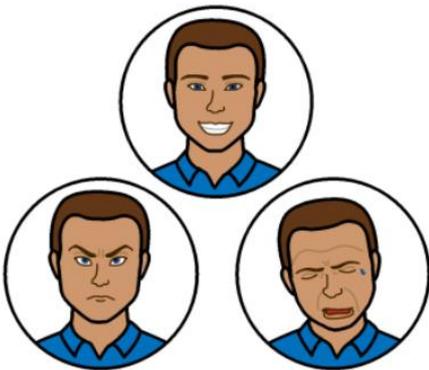


**South-east Melbourne**

# Mental Health

Mental health and wellbeing is about healthy thoughts and emotions. Our mental health affects how we see the world and how we understand what is happening around us.

Good mental health helps us enjoy life and to cope well with changes and things that we find hard. If our mental health changes it can impact the way we think, feel and behave. It can lead to:



mood swings



thinking difficulties



behavioural issues

# Mental Health



sleep issues



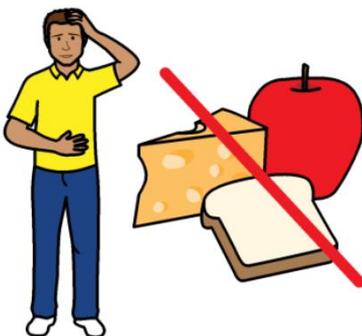
withdrawal



anxiety



depression



eating disorders

# Mental Health



alcohol or drug abuse



being at risk of taking  
one's life

If you, or someone you care about, are in crisis and you think immediate action is needed please call emergency services on **000**



## 24/7 Support

If you, or someone you know, have been impacted by suicide, the following services are available 24 hours a day, 7 days a week. They provide support and counselling for families and friends who have lost someone, or for people impacted by self harm.



**Suicide Line Victoria**

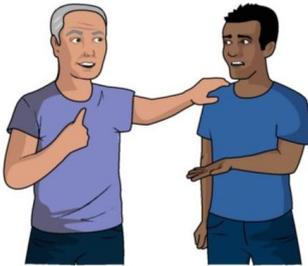
1300 651 251



**National Indigenous  
Critical Response**

1800 805 801

# #YouCanTalk



## 1. Ask the question

*“I’ve noticed you haven’t been yourself lately. Can we talk about what is troubling you?”*



## 2. Listen and stay

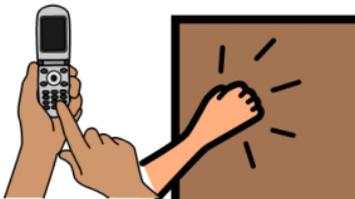
Check the person’s safety and do not leave them alone

## 3. Get help

If someone’s life is in danger call

- 000
- Lifeline 13 11 14

or take them to a hospital Emergency Department



## 4. Follow up

Make sure you check on the person



## 24/7 Urgent help



000



Lifeline 13 11 14



Please go to your closest hospital  
Emergency Department

# Prevention and support



Translating and interpreting services. You can call and tell them what language you speak, and they will call the services for you.



13 14 50

## Mental health and wellbeing services

### Suicide Call Back Service

If you are at risk of suicide, affected by suicide, or concerned about someone else's risk of suicide

 [www.suicideline.org.au](http://www.suicideline.org.au)



1300 659 467

### Monash Health Psychiatric Triage

Mental Health services for people aged 0 - 64. Community members can discuss the need for specialist mental health services for people living in the south east. The triage service can organise both urgent and non-urgent assessments.

 [www.monashhealth.org](http://www.monashhealth.org)



1300 369 012

### headspace

For young people aged 12 - 25 with mental health concerns.

Dandenong and Narre Warren centres (walk in or phone)

 [www.headspace.org.au](http://www.headspace.org.au)



1800 367 968

For online confidential support contact [www.eheadspace.org.au](http://www.eheadspace.org.au)

### Beyond Blue

For depression, anxiety and related concerns

 [www.beyondblue.org.au](http://www.beyondblue.org.au)



1300 224 636

<p><b>Beyond Blue Connect Dandenong</b></p>	<p>Connects people with mild depression and anxiety with workers who have had a personal experience of these conditions themselves, to share their stories of recovery. Available to people from all cultural backgrounds with a focus on supporting refugees and people seeking asylum.</p> <p> <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a></p>	<p> 1300 036 418</p>
<p><b>EACH</b></p>	<p>Range of supports to assist members of the community such as employment, housing, financial and addiction services</p> <p>Mon - Fri, 9am to 5pm</p> <p> <a href="http://www.each.com.au">www.each.com.au</a></p>	<p> Narre Warren 8781 9500</p> <p> Cranbourne 5990 7900</p>
<p><b>ERMHA Community Support Program</b></p>	<p>Helps people to achieve their mental health goals such as greater independence, stronger skills, increased self esteem, connections to other services and stronger relationships. Available to those aged 16 - 64 experiencing mental health concerns.</p> <p>Mon - Fri, 9am to 5pm</p> <p> <a href="http://www.ermha.org">www.ermha.org</a></p>	<p> Intake 1300 785 358</p> <p> Dandenong 1300 376 421</p>

<p><b>Kids Helpline</b></p>	<p>For kids or young people issues, aged 5 - 25 years with behavioural or mental health issues</p> <p> <a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a></p>	<p> 1800 551 800</p>
<p><b>Legal assistance</b></p>		
<p><b>Legal Aid Dandenong</b></p>	<p>For legal representation and advice Offices available in Dandenong and open Mon - Fri, 8.15am to 5.15pm</p> <p> <a href="http://www.legalaid.vic.gov.au">www.legalaid.vic.gov.au</a></p>	<p> 9767 7111</p>
<p><b>Family and relationships</b></p>		
<p><b>Relationships Victoria</b></p>	<p>For work, family and relationship issues.</p> <p><u>Family relationships centres</u> in Berwick and Cranbourne North. Please phone for opening hours</p> <p><u>Relationships programs (men only)</u> in Cranbourne</p> <p> <a href="http://www.relationshipsvictoria.com.au">www.relationshipsvictoria.com.au</a></p>	<p> Berwick 8768 4111</p> <p> Cranbourne North 5990 1900</p> <p> Cranbourne 5911 5400</p>
<p><b>Switchboard</b></p>	<p>For LGBTI issues or support, for LGBTI people, their families, friends and community.</p> <p>Available 3pm to 12am daily</p> <p> <a href="http://www.switchboard.org.au">www.switchboard.org.au</a></p>	<p> 1800 184 527</p>

## Alcohol and drugs

**SECADA and SURE** For alcohol and drug support and treatment  
 Mon - Fri, 9am to 5pm (for after hours support contact DirectLine)

 [www.secada.org.au](http://www.secada.org.au)



intake  
 1800 142 536

**DirectLine** For 24 hour alcohol and other drug counselling

 [www.directline.org.au](http://www.directline.org.au)



1800 888 236

## Housing

**Bob's Place (Launch Housing Dandenong)** Dandenong crisis accommodation, housing support and family focus  
 Mon - Fri, 9am to 5pm. For after hours support contact Launch Housing



9792 0750

**Launch Housing** For homelessness or at risk homelessness

 [www.launchhousing.org.au](http://www.launchhousing.org.au)



1800 825 955

**WAYSS** For people at risk of homelessness. Offices across the south east.  
 Mon - Fri, 9am to 5pm

 [www.wayssltd.org.au](http://www.wayssltd.org.au)



Dandenong  
 9791 6111



Berwick/Pakenham  
 9703 0044



Cranbourne  
 5996 3333



# Taking care of me

If you are caring for, supporting or protecting someone at risk of harm, you need to care for your health too. You can do this by:



seeking support from family



staying connected with your community



asking for assistance from support services









**enliven's** Health Literacy Services prepared the easy English version of this resource [www.enliven.org.au](http://www.enliven.org.au) (03) 9791 1768.

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