

KEEPING MENTALLY WELL

Gannawarra

If you live in the Gannawarra 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/GP about how you are feeling



Call or go online for support/counselling, available 24/7



Ask your school about 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 or support services



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**



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

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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



Northern District Community Health

5451 0200, ndch.org.au

headspace

Swan Hill: 4010 7100, Echuca: 5485 5048 (for Cohuna residents), headspace.org.au (12-25 years)

Mallee District Aboriginal Service Kerang

5412 6004, mdas.org.au

Kerang Medical Clinic

5450 8060, kdh.org.au

Northern District Community Health Medical Clinic

5452 1366, ndch.org.au

Ochre Medical Centre Cohuna

5456 2609, ochrehealth.com.au

Quantum Medical Centre Barham

5453 1722, quantumclinical.com.au

Standby Support After Suicide

1300 727 247, standbysupport.com.au

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

Medicare Mental Health:

medicarementalhealth.gov.au, 1800 595 212

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, 1800 650 890

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



Family Support

Mallee Family Care Kerang: 5452 2863, malleefamilycare.com.au

Anglicare Victoria: 5036 3200, anglicarevictoria.org.au

Family Violence and sexual assault counselling

Mallee Domestic Violence/Sexual Assault: 5033 1899, msau-mdvs.org.au

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

Centre Against Sexual Assault: 5441 0430, casav.org.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

Homelessness service

Haven Home Safe: 1300 428 364 (9am-5pm) or 1800 825 955 after-hours, havenhomesafe.org.au

Rural counselling

Financial: 1300 735 578, rfcsvictoriawest.com.au

Rural Aid: 1300 327 624, ruralaid.org.au

Women's Information and Referral Exchange (WIRE)

1300 134 130, wire.org.au