

KEEPING MENTALLY WELL

Loddon Shire

If you live in the Loddon Shire 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



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

Local Health & Wellbeing Services



Find out the latest mental health news in Loddon Shire here: loddonhealthyminds.com.au/news



Inglewood:

Inglewood & Districts Health Service
3 Hospital Street, Inglewood, 5431 7000
www.idhs.vic.gov.au

Boort:

Boort District Health Service
Kiniry Street Boort, 5451 5200, or
reception@bdh.vic.gov.au

Dingee:

Dingee Bush Nursing Centre
21 King Street, Dingee 03 5436 8309

Pyramid Hill:

Northern District Community Health
Counselling Service: 5451 0200, 12 Victoria Street
Pyramid Hill

Wedderburn:

Wedderburn Health Clinic
25 Wilson Street, Wedderburn 03 5494 3511

Loddon Children's Health and Wellbeing Local 1800 433 977 (0-11 years)

Greater Bendigo-Loddon-Campaspe Mental Health and Wellbeing Local 5412 6600 (26 years and above)

Headspace (Bendigo)

For people aged 12-25 years 5406 1400

How to help friends/family



People bereaved or impacted by Suicide

Standby Murray: 1300 727 247
www.standbysupport.com.au
Thirrili: 1800 805 801, www.thirrili.com.au

Supporting someone with mental illness

Mental Health First Aid Training: www.mhfa.com.au
(standard, youth, teen, older person, Aboriginal)

How to start a conversation with someone you are worried about

R U OK?: www.ruok.org.au
Conversations Matter: www.conversationsmatter.org.au

Supporting someone who might be thinking of suicide

safeTALK training: www.livingworks.com.au
START (on-line training): www.livingworks.com.au

Counselling/Support lines



Crisis support, suicide prevention and mental health

Lifeline: 13 11 14 or text 0477 13 11 14

Free phone & On-line counselling over 15 years

www.talkitoutmurray.org.au or 1300 022 946

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: www.headspace.org.au/eheadspace/

Counselling for men including wellbeing, family and relationship support

MensLine Australia: 1300 78 99 78

LGBTIQA+ peer support and referral

QLife: 1800 184 527 or qlife.org.au
Qspace Network: 1800 LGBTIQ (1800 542 847) or
enquiries@ds.org.au

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



Anglicare (Bendigo)

1800 244 323

Homelessness service (Bendigo)

Haven Home Safe (Over 26yrs): 1300 428 364 (9am-5pm) or 1800 825 955 after-hours
YSHS (16-19yrs): 5440 1100

Family Violence and sexual assault counselling (Bendigo)

CASACV: (03) 5441 0430
The Orange Door: 1800 512 359
Victoria Police Family Violence Unit: 5018 5325

Aboriginal service

Bendigo & District Aboriginal Co-operative: 5442 4947
Djaara Aboriginal Corporation: 5444 2888

Rural counselling

Rural Aid: 1300 327 624, ruralaid.org.au
Financial: 1300 735 578, rfcsvictoriawest.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

Talk to your local doctor/GP

Your doctor/GP can develop a mental health plan with you



For more information Betterhealth.vic.gov.au (VIC)