

MENTAL HEALTH RESOURCE CARD

For patients, families & carers in the Southern
Campaspe Loddon Mallee region

For 24 hour psychiatric emergency in all areas contact
Bendigo Health Psychiatric Services Regional Triage
1300 363 788

Aboriginal services

- Bendigo & District Aboriginal Cooperative: 5442 4947
- Mallee District Aboriginal Services Swan Hill: 5032 5277
- Mallee District Aboriginal Services Kerang: 5450 3019
- Njernda (Echuca): 5480 6252

Accommodation

- Castlemaine and District Accommodation: 5472 4299
- Community Housing Ltd: 1300 245 468
- Haven Housing Services Bendigo: 5444 9000

Bed-based Psychiatric Facilities

- Adult Acute Unit: 5454 7765
- APARC: 5443 7477
- Extended Care Unit: 5444 4910
- Older Person Acute Unit: 5454 7765
- Parent Infant Unit: 5454 7765
- YPARC: 5454 6270

Bendigo Health Psychiatric Services

- Aged Persons Mental Health Bendigo: 5440 6285
- Castlemaine: 5471 1000
- Child & Adolescent Mental Health Service: 5440 6506
- Echuca: 5480 7419
- John Bomford Centre Bendigo: 5440 6500
- Kyneton: 5421 2100
- Maryborough: 5461 0400
- Primary Mental Health: 5454 7753
- Swan Hill: 5036 1900
- Youth Mental Health: 5454 7753

Carer Support and Respite

- **Carer Support Services (all areas): 1800 068 978**
- Golden City Support Services: 5434 2777
- Mallee Family Care (Swan Hill): 5032 4479
- Northern District Community Health:
 - Boort: 5451 0260 Cohuna: 5451 0250
 - Kerang: 5451 0200 Pyramid Hill: 5455 7065
 - Quambatook: 5457 1300
- Anglicare Victoria: all areas 1800 244 323
 - Bendigo 5430 1200 Castlemaine 5470 6266
 - Echuca 5482 0900 Kyneton 5421 2000
 - Swan Hill: 5036 3200 Maryborough 5460 4144

Carer Support Groups

- Bendigo Family & Friends Group: 5454 7757
- Castlemaine Mental Health Carers Support Group:
5471 1017 or 5454 7757
- Maryborough & Districts Mental Health Carers Support
Group: 5342 4342 (Mon-Wed) or 0428 378 583
- Swan Hill/Kerang Mental Health Carers: 5032 4479

Child and Family Services

- CatholicCare: 5438 1300
- Child First: 1800 260 338
- Headspace: 5434 5345
- Kids with Confidence: 5454 7757

Community Mental Health Support Services

- ACSO: 1300 022 760 all areas
- Care Connect: 1800 116 166 all areas
- Golden City Support Services: 5434 2777
- Mallee Family Care (Swan Hill): 5032 4479
- Mind Australia: 1300 286 463

Complaints

- Bendigo Health Patient Feedback Coordinator:
5454 9079
- Mental Health Complaints Commissioner: 1800 246 054

Counselling Services

- Bendigo Community Health Carer Well-being Program:
5434 4300
- Carers Victoria: 1800 242 636
- Castlemaine Community Health: 5479 1000
- CatholicCare Bendigo: 5438 1300
- Centre Against Sexual Assault (CASA): 5441 0430
- Centre for Non-Violence: 5430 3000
- Cobaw Community Health: Gisborne 5421 1666
Kyneton 5421 1666 Woodend 5421 1680
- Echuca Regional Health: 5485 5400
- Inglewood & District Health Service: 5431 7000
- Macedon Ranges Health Service (Gisborne): 5428 0340
- Maryborough District Health Service: 5461 0333
- Northern District Community Health:
 - Boort: 5451 0260 Cohuna: 5451 0250
 - Kerang: 5451 0200 Pyramid Hill: 5455 7065
 - Quambatook: 5457 1300
- Women's Support Line: 1300 134 130

Drug and Alcohol Services

- ACSO (intake line for all AOD services): 1300 022 760
- Direct line: 1800 888 236
- Family Drug Support Helpline: 1300 660 068

Emergency Counselling Services

- Kids Helpline: 1800 55 1800
- Lifeline (24 hours): 13 11 14
- Mensline Australia: 1300 78 99 78
- Parentline: 13 22 89
- Suicide Helpline: 1300 651 251
- Gambler's helpline: 1800 858 858

Financial Assistance and Counselling

- Bendigo Family & Financial Service: 5441 5277
- Bendigo Health Psychiatric Services Carer Support
Fund: contact your case manager for details.
- Centrelink (carers): 13 2 717
- Rural Financial Counselling Service: 5442 5629
- Anglicare all areas: 1800 244 323

Guardianship, Administration and Legal

- Office of the Public Advocate: 1300 309 337
- State Trustees: 1300 138 672
- Legal Aid: 1800 254 500
- Loddon Campaspe Community Legal Centre:
1800 639 121

Information and Resources

- 8 Olinda St Resource Centre Bendigo: 5441 7881
- **Carer Gateway: 1800 422 737**
- Carers Victoria: 1800 242 636
- Sane Australia: 1800 187 263
- Tandem (representation and advocacy): 8803 5555
- The Mental Health Tribunal: 1800 242 703
- Victorian Mental Illness Awareness Council: 9380 3900

Your local GP can be a good source of support and information. Referrals to a psychologist made by a GP qualify for a Medicare rebate.