

KEEPING MENTALLY WELL

Sunraysia

If you live in the Sunraysia area these services can help

(see reverse for services and resources available)



Feeling anxious, overwhelmed, worried or stressed



Be active



Check out your local Rural Outreach Program or Neighbourhood House for activities 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



Speak to your school wellbeing person or team



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 Regional Triage (24/7)
1300 366 375 - Mildura
1300 363 788 - Loddon Mallee



Call Lifeline **13 11 14**, available 24/7



Call **Triple Zero (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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Talk to your local doctor(GP)



Your doctor/GP can help you by:

- Develop strategies to improve and maintain your mental health
- Refer you to mental health experts
- Prepare a mental health care plan

Local counsellors and psychologists



Mildura Health & Wellbeing Local

1800 979 730, 124 Deakin Ave Mildura (next to Services Australia building)

Headspace Mildura

For people aged 12-25 years

5021 2400, 2/125 Pine Avenue Mildura or www.headspace.org.au/headspace-centres/mildura/

Sunraysia Community Health Service (SCHS)

Mental Health & Wellbeing Services: 5022 5444, 137 Thirteenth Street Mildura, www.schs.com.au

Mallee Family Care

Mental Health & Wellbeing Services
5023 5966, 122 Ninth Street Mildura
mentalhealth@malleefamilycare.com.au

Mallee District Aboriginal Services (MDAS)

Social and Emotional Wellbeing Hub
Mildura 5018 4100, www.mdas.org.au
Robinvale 4013 2000

Psychosocial Recovery Service (PRS)

5822 8600, 136-138 Langtree Avenue Mildura
www.wellways.org

Anglicare Victoria

5025 9300, 138 Pine Avenue Mildura
<https://www.anglicarevic.org.au>

Mallee Track Community Health Service (Ouyen)

Rural Outreach Program
28 Britt Street Ouyen, 5092 1111 or 0429 090 942
www.mthcs.com.au

Robinvale District Health Service

Social and Emotional Wellbeing Support
5051 8160, www.rdhs.com.au

Murray Valley Aboriginal Co-Operative (Robinvale)

Social and emotional wellbeing support
5026 3353, www.mvac.org.au

How to help friends/family



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 at risk 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

Immediate help for depression and anxiety

Beyond Blue: 1300 224 636

Counselling for young people aged 5-25

Kids Helpline: 1800 55 1800

Medicare Mental Health Check In (16yrs and over)

1800 595 212, 8:30am - 5pm Weekdays
www.medicarementalhealth.gov.au

Counselling for men including wellbeing, family and relationship support

MensLine Australia: 1300 78 99 78

Online support and counselling for young people aged 12-25 and their families and friends

eheadspace: www.headspace.org.au/eheadspace/

LGBTIQA+ peer support and referral

QLife: 1800 184 527 or qlife.org.au
Rainbow Door 1800 729 367
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)

Rural and Farming

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

Other services



Financial Counselling

Mallee Family Care CLC: 50 235 966, 122 Ninth Street Mildura, mfc@malleefamilycare.com.au
Anglicare Victoria: 50 259 300, 138 Pine Avenue Mildura

Support for carers and family

Loddon Mallee Mental Health & Wellbeing Connect
Mallee Family Care, 122 Ninth Street Mildura, 1800 979 730
to speak directly to a local family carer peer support worker,
LoddonMalleeMHWConnect@mindaustalia.org.au

Homelessness service

MASP (15-25yrs): 118 Pine Avenue Mildura, 5021 6500 or info@masp.org.au, www.masp.org.au
Haven Home Safe (Over 26yrs): 143a Lime Avenue Mildura,
1300 428 364 (9am-5pm) or 1800 825 955 after-hours,
havenhomesafe.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

Family Violence and sexual assault counselling

Mallee Domestic Violence/Sexual Assault Service: 5021 2130 or 5025 5400
The Orange Door Mallee: 1800 290 943, 113 Madden Avenue Mildura
Victoria Police Family Violence Unit: 5018 5325
1800 RESPECT (1800 737 732): 24/7 counselling

People bereaved or impacted by Suicide

Standby Murray: 1300 727 247 www.standbysupport.com.au
Thirilli: 1800 805 801, www.thirilli.com.au