

# Swan Hill

## Keeping mentally well

September 2025

If you live in the Swan Hill area these services can help



### 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 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 you are at immediate risk of harm?



Reach out to someone you trust to assist you to get help



Call Mental Health Regional Triage Service **1300 363 788** (VIC) or the Mental Health Access Line **1800 011 511** (NSW)



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

## Advice on staying mentally well



### A customisable self-help tool for your mental health

myCompass: [mycompass.org.au](http://mycompass.org.au)

### Interactive self-help book with training modules

Moodgym: [moodgym.com.au](http://moodgym.com.au)

### Mental fitness challenges designed to improve the wellbeing of young people 13-16 years old

Bite Back: [biteback.org.au](http://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



### Swan Hill District Health Counselling

5033 9880, [shdh.org.au](http://shdh.org.au)

### headspace Swan Hill

4010 7100, [headspace.org.au](http://headspace.org.au) (12-25 years)

### Mallee District Aboriginal Service Swan Hill

5032 8600, [mdas.org.au](http://mdas.org.au)

### Wellways Swan Hill

1300 111 400, [wellways.org](http://wellways.org)

### Vinnies Swan Hill

Alcohol and other drugs counselling  
5032 2632

### People bereaved or impacted by suicide

Standby Support After Suicide  
1300 727 247, [standbysupport.com.au](http://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](http://ruok.org.au)  
Conversations Matter: [conversationsmatter.org.au](http://conversationsmatter.org.au)

### Supporting someone with mental illness

Mental Health First Aid Training: [mhfa.com.au](http://mhfa.com.au)  
(standard, youth, teen, older person, Aboriginal)

### Supporting someone who might be thinking of suicide

LivingWorks: [livingworks.com.au](http://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](http://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](http://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 Swan Hill: 5032 4479  
[malleefamilycare.com.au](http://malleefamilycare.com.au)  
Anglicare Victoria: 5036 3200, [anglicarevictoria.org.au](http://anglicarevictoria.org.au)

### Family Violence and sexual assault counselling

Mallee Domestic Violence/Sexual Assault: 5033 1899,  
[msau-mdvs.org.au](http://msau-mdvs.org.au)  
The Orange Door Mallee: 1800 290 943,  
[orangedoor.vic.gov.au](http://orangedoor.vic.gov.au)  
Centre Against Sexual Assault: 5441 0430, [casav.org.au](http://casav.org.au)

### Alcohol and other drugs counselling and referral

Australian Community Support Organisation (ACSO):  
1300 022 760 (9am-5pm weekdays) [acso.org.au](http://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](http://havenhomesafe.org.au)

### Rural counselling

Financial: 1300 735 578, [rfcsvictoriawest.com.au](http://rfcsvictoriawest.com.au) or  
1800 319 458 (NSW)  
Rural Aid: 1300 327 624 [ruralaid.org.au](http://ruralaid.org.au)

For more information **Betterhealth.vic.gov.au** (VIC)  
**Health.nsw.gov.au/mentalhealth** (NSW)