

Mount Alexander Shire: Keeping mentally well

Support line/counselling

Immediate help for depression and anxiety Beyond Blue: 1300 224 636

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

eHeadspace:
headspace.org.au/eheadspace

LGBTIQA+ peer support and referral (3pm–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

Social and Emotional Wellbeing for Aboriginal Victorians
Yarning Safe'n'Strong: 1800 959 563

Alcohol and drug counselling and referral DirectLine: 1800 888 236

Local Support and Counselling

CatholicCare – Bendigo and Castlemaine: 5438 1300

Centre Against Sexual Assault Central Victoria (CASACV) Counselling:
5441 0430

Dhelkaya Health: 5479 1300

Headspace: 5434 5345

Help at Hand guide:
cch.org.au/helpathand

Lifeline Loddon Mallee: 5406 0506

Mental Health and Wellbeing Locals (aged 26+) – Bendigo: 5497 5600

Rural Financial Counselling Service VicWest: 1300 735 578

Standby Murray Support After Suicide: 1300 727 247

Stride Mental Health (aged 16+) – Bendigo: 1300 00 1907 or prs@stride.com.au

Thorne Harbor Country – Bendigo: (03) 4400 9000

Advice on staying mentally well

Talk with your local GP to develop a mental health plan

Personalised self-help program for your mental health
MyCompass: www.mycompass.org.au

Interactive self-help book with exercises
Moodgym: www.moodgym.com.au

Healthdirect:
www.healthdirect.gov.au

HALT: (Hope Assistance for local tradies): halt.org.au

Supporting Family and Friends

Conversations Matter:
www.conversationsmatter.com.au

Lifeline Loddon Mallee Training:
www.lifelinelm.com/training

Mental Health First Aid:
www.mhfa.com.au

RUOK: www.ruok.org.au

START (online training):
www.livingworks.com.au

Family and Gender-Based Violence Support

Centre for Non-Violence: 1800 884 292

Orange Door – Bendigo: 1800 512 359

1800RESPECT: 1800 737 732

Rainbow Door: 1800 729 367

MensLine (counselling for emotional health and relationship concerns): 1300 78 99 78

Seniors Rights Victoria: 1300 368 821

Safe Steps: 1800 015 188

Peer Support

If bereaved by suicide: Every Life Matters (ELM): theelmpsg@gmail.com

QLife: 1800 184 527
www.qlife.org.au

Castlemaine Safe Space:
www.castlemainesafespace.org



For language and support contact free Translation & Interpreting Service (TIS)

1. Dial TIS National on 131 450
2. Say your language e.g. Mandarin and wait to be connected with an interpreter
3. When connected with an interpreter, say your name, the organisation you want to speak with and their contact number
4. Wait to be connected to the organisation



See over for ways to keep mentally well

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Feeling anxious,
overwhelmed,
worried or
stressed



Be active



Get creative in the
kitchen with healthy
meals and snacks



Talk to family and
friends about how
you're feeling



Do something
you enjoy or try
something new



Take a break from
screens - try nature
or meditation to
unwind



Look online for
advice on staying
mentally well



Still not feeling
better and need
more help



Talk to your GP
about how you
are feeling



Ring or go online
for support/
counselling.
Available 24/7



Ask your
school who is 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



Ask your
workplace about
Employee
Assistance
Program (EAP)



Feeling that you
are at imminent
risk of harm



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



Ring 000 for
emergency
transport to
hospital



Ring Bendigo Mental
health triage for hospital
support (Enhanced Crisis
Assessment Team)
1300 363 788



Mount Alexander
Shire Council



Mount Alexander
Connectors

Emergency contacts:

Vic State Emergency Service 132 500

VicEmergency Hotline: 1800 226 266

Download the VicEmergency app

VicRoads 13 11 70

Mount Alexander Shire mental health services and support contacts:

www.mountalexander.vic.gov.au/

Community-and-Wellbeing/

Mental-health-services-and-support



Crisis lines

- **Lifeline:** 13 11 14 or text 0477 13 11 14
- **Suicide Line:** 1300 651 251
- **13 Yarn:** 13 92 76
- **1800RESPECT:** 1800 737 732
- **Sexual Assault Crisis Line:** 1800 806 292
- **Dardi Munwurro (Brother to Brother):** 1800 435 799
- **Kids Helpline:** 1800 55 1800
- **Bendigo Health Crisis Assessment Team:** 1300 363 788