

# 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](http://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](http://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](mailto: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](http://www.mycompass.org.au)

Interactive self-help book with exercises  
Moodgym: [www.moodgym.com.au](http://www.moodgym.com.au)

Healthdirect:  
[www.healthdirect.gov.au](http://www.healthdirect.gov.au)

HALT: (Hope Assistance for local tradies): [halt.org.au](http://halt.org.au)

## Supporting Family and Friends

Conversations Matter:  
[www.conversationsmatter.com.au](http://www.conversationsmatter.com.au)

Lifeline Loddon Mallee Training:  
[www.lifelinelm.com/training](http://www.lifelinelm.com/training)

Mental Health First Aid:  
[www.mhfa.com.au](http://www.mhfa.com.au)

RUOK: [www.ruok.org.au](http://www.ruok.org.au)  
START (online training):  
[www.livingworks.com.au](http://www.livingworks.com.au)



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

## 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](mailto:theelmpsg@gmail.com)  
Qlife: 1800 184 527  
[www qlife.org.au](http://www qlife.org.au)  
Castlemaine Safe Space:  
[www.castlemainesafespace.org](http://www.castlemainesafespace.org)

See over for ways to keep mentally well

# Mount Alexander Shire: Keeping mentally well

	<p>Feeling anxious, overwhelmed, worried or stressed</p>		<p>Be active</p>		<p>Get creative in the kitchen with healthy meals and snacks</p>		<p>Talk to family and friends about how you're feeling</p>		<p>Do something you enjoy or try something new</p>		<p>Take a break from screens - try nature or meditation to unwind</p>		<p>Look online for advice on staying mentally well</p>
	<p>Still not feeling better and need more help</p>		<p>Talk to your GP about how you are feeling</p>		<p>Ring or go online for support/ counselling. Available 24/7</p>		<p>Ask your school who is the wellbeing person/ team for students to talk to</p>		<p>Speak to someone who has been through something similar (peer support)</p>		<p>Talk to a local counsellor/ psychologist</p>		<p>Ask your workplace about Employee Assistance Program (EAP)</p>
	<p>Feeling that you are at imminent risk of harm</p>		<p>Reach out to someone you trust to assist you to get help</p>		<p>Ring 000 for emergency transport to hospital</p>		<p>Ring Bendigo Mental health triage for hospital support (Enhanced Crisis Assessment Team) 1300 363 788</p>		<p>Mount Alexander Shire Council</p>		<p>Mount Alexander Connectors</p>	<p><b>Emergency contacts:</b></p> <p><b>Vic State Emergency Service 132 500</b></p> <p><b>VicEmergency Hotline: 1800 226 266</b></p> <p><b>Download the VicEmergency app</b></p> <p><b>VicRoads 13 11 70</b></p>	
	<p>Crisis lines</p>	<ul style="list-style-type: none"><li><b>Lifeline: 13 11 14 or text 0477 13 11 14</b></li><li><b>Suicide Line: 1300 651 251</b></li><li><b>13 Yarn: 13 92 76</b></li><li><b>1800RESPECT: 1800 737 732</b></li><li><b>Sexual Assault Crisis Line: 1800 806 292</b></li><li><b>Dardi Munwurro (Brother to Brother): 1800 435 799</b></li><li><b>Kids Helpline: 1800 55 1800</b></li><li><b>Bendigo Health Crisis Assessment Team: 1300 363 788</b></li></ul>	<p>Z-CARD® Patents and trademarks used under licence 600849 zcard.com.au Job No. 25A139</p>										