

# Buloke Keeping mentally well

September 2025

# If you live in the Buloke 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



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** 



Call Lifeline **13 11 14**, available



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



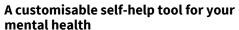
Take the time to listen



Find out what to do if friends or family need help



# Advice on staying mentally well



myCompass: mycompass.org.au



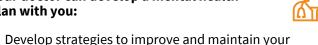
Moodgym: moodgym.com.au

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

Bite Back: biteback.org.au

# Talk to your local doctor

### Your doctor can develop a mental health plan with you:



- mental health
- Referral to mental health experts, like a psychologist
- Develop a mental health care plan



# Local counsellors/psychologists

### **East Wimmera Health Service Mental Health** Services

5477 2222, ewhs.org.au

**Northern District Community Health** 5451 0200

**Mallee Track Health and Community Service** 5070 2155

**Rural Financial Counselling Service - Victoria West** 1300 735 578, wswrcs.com.au

#### Youth mental health 12-25 years

headspace Swan Hill 4010 7100, Bendigo 5406 1400, Horsham 5381 1543, headspace.org.au

#### Psychology and counselling service (private providers)

Search online or ask your doctor for a recommendation

#### People bereaved or impacted by suicide

Standby Support After Suicide: 1300 727 247 standbysupport.com.au



# How to start a conversation with someone vou are worried about

R U OK?: ruok.org.au

Conversations Matter: conversationsmatter.org.au

# Supporting someone with mental illness

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

#### Supporting someone who might be thinking of suicide

LivingWorks: livingworks.com.au Applied Suicide Intervention Skills (ASIST) training



#### 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, 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,

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, Kerang 5452 2863, malleefamilycare.com.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

The Orange Door Mallee: 1800 512 359

orangedoor.vic.gov.au

#### Homelessness service

Haven Home Safe: 1300 428 364 (9am-5pm) or 1800 825 955 after-hours, havenhomesafe.org.au

#### **Mallee District Aboriginal Service**

Kerang 5412 6004, Swan Hill 5032 8600 Mildura 5018 4100, mdas.org.au

Bendigo & District Aboriginal Co-operative 5442 4947

Goolum Goolum Aboriginal Co-operative 5381 6333

For more information: **Betterhealth.vic.gov.au** (VIC)

