

# Keeping mentally well

If you live in the Greater Bendigo area these services can help

[see reverse for services and resources available]



## 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



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 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 councillor/psychologist



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 triage for hospital support (Enhanced Crisis Assessment Team)  
1300 363 788



Call Lifeline 13 11 14, Available 24/7



Call 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

### Bendigo Community Health Service

5406 1200, [bchs.com.au/counselling](http://bchs.com.au/counselling)

### Mental Health and Wellbeing Local - Bendigo

(03) 5497 5600 or drop-in 3/15 Hopetoun Street

### Youth mental health **12-25yrs**

headspace Bendigo, 5406 1400, [headspace.org.au](http://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 - Murray: 0439 173 310  
after phone - 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)

Conversation Matters: [conversationsmatter.com.au](http://conversationsmatter.com.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

Head to Health: [headtohelp.org.au](http://headtohelp.org.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/)

### Counselling for **men** with emotional health and relationship concerns

MensLine Australia: 1300 78 99 78

### **LGBTIQA+** peer support and referral

Thorne Harbour Country: (03) 4400 9000

QLife: 1800 184 52(3pm to midnight)

### Professional phone and online counselling if you or someone you know is feeling **suicidal**

Suicide Call Back Service: 1300 659 467

### Crisis line for **Aboriginal men**

Brother to Brother: 1800 435 799; 13YARN / 13 92 76



## Other local services

### Family Support

Bendigo Community Health Service: 5406 1200 (9am-5pm),

5431 0900 (Heathcote), [heathcotehealth.org](http://heathcotehealth.org)

### 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

### Family Violence and sexual assault counselling

CASACV: (03) 5441 0430 OR drop-in 71 Bridge St, Bendigo

The Orange Door: 1800 512 359

### Homelessness service

Haven Home Safe: 1300 428 364 (9am-5pm) or

1800 825 955 after-hours, [havenhomesafe.org.au](http://havenhomesafe.org.au)

### Aboriginal service

Bendigo & District Aboriginal Co-operative: 5442 4947

Djaara Aboriginal Corporation: 5444 2888



For more information:

**[Betterhealth.vic.gov.au//mental-health-and-wellbeing-connect](http://Betterhealth.vic.gov.au//mental-health-and-wellbeing-connect)**