

OPEN ARMS

www.openarms.gov.au

Veterans and families counselling Mental Health and Well-being support for current and ex-serving Australian Defence Force personnel and their families

1800 011 046

24-hour service

BLACK DOG INSTITUTE

www.blackdoginstitute.org.au

Evidence informed programs, consultancy, resources and clinical services for everyone. Programs for workers, students, health professionals and entire communities

ARE YOU BOGGED MATE?

www.areyouboggedmate.com.au

Its all about helping country blokes talk about mental health and suicide while spreading awareness about depression in the bush.

If you're feeling bogged or you're trying to pull out a mate who's stuck in the mud, we can get you connected with the right help.

On-line advice

Facebook@areyouboggedmate

VERYWELLMIND

www.verywellmind.com

Know more, Live Brighter

Whether you want to better manage stress, understand a mental health disorder, or learn why we dream, get the guidance you need to be healthy and happy

All mental wellbeing topics covered with

On-line Therapy with experts 24/7

Broadford Doctors - 84 High St. Broadford 3658

03 5784 1199

Mon – Fri 0.00am – 0.00pm | Sat 0.00am – 00.00pm

Broadford Medical Clinic - 28 Powlett St. Broadford 3658

03 5784 1736

Mon – Fri 0.00am – 0.00pm | Sat 0.00am – 00.00pm

Kilmore Medical Centre - 36-38 Melbourne St. Kilmore 3764

03 5783 0555

Mon – Fri 0.00am – 0.00pm | Sat 0.00am – 00.00pm

Kilmore Medical Practice - 105 Powlett St. Kilmore 3764

03 5781 0088

Mon – Fri 8.30am – 5.00pm | Sat 8.30am – 12.30pm

Stepping Stones Medical Centre - 1A Mill Rd. Kilmore

03 5782 2978

Mon – Fri 0.00am – 0.00pm | Sat 0.00am – 00.00pm

Mediq Wallan Medical Clinic - 92 Queen St. Wallan, 3756

03 5783 3433

Mon – Wed & Fri 9.00am – 05.00pm

Thu 9.00am – 04.30pm | Sat 9.00am – 12.00pm

Wallan Family Practice - Shop 2, 65 High St. Wallan, 3756

03 5783 1522

Mon – Fri 9.00am – 05.00pm

Wallan General Practice - 65 Wellington St. Wallan 3756

03 5783 3965

Mon – Fri 8.00am – 6.00pm | Sat & Sun 8.00am-5.00pm

Wallan Medical - 57 Wellington St. Wallan 3756

03 5783 1637

Mon to Fri 8.30am-7pm | Sat & Sun 9.00am-3.00pm

Wandong Medical Centre

3307 Epping-Kilmore Rd. Wandong 3758

03 5787 2277

Mon – Fri 9.00am – 05.00pm



Southern Mitchell
Rotary



www.rcsm.org.au

The information in this leaflet has been an initiative of the Rotary Club of Southern Mitchell supporting mental well-being in our community.

With an increase in demand for mental well-being information and support, this leaflet has been designed to centralise information making it easier to locate support services both locally and online.

The services listed here are examples of a range of mental well-being websites with ways to make contact and seek help and advice. Each service is tailored to various age groups including kids, young people and adults.

The websites we hope will provide a starting point for finding the one that suits you best. For more information and other support groups search on the web or reach out to your Health Professional.

Keep this leaflet in a place for all the family to access or put it on the fridge for all to see and read. The services are approved by our local Health Professionals.

LIFELINE

www.lifeline.org.au

Call, chat or text

Suicide prevention, mental health support and emotional assistance

13 11 14 or Text: 0477 131 114

Free 24hr telephone crisis support on the phone or face to face on line

Southern Mitchell
Rotary



www.rcsm.org.au



KIDS HELP LINE

www.kidshelpline.com.au

Anytime - Any Reason

Age group – 5 - 25

1800 551 800

Telephone and on-line counselling service

COUNSELLING ONLINE

www.counsellingonline.org.au

Drug/Alcohol Counselling (VIC)

Online supporting people affected by alcohol and other drugs

1800 888 236

Free 24/7 support

MENSLINE AUSTRALIA

www.mensline.org.au

Help, support, referrals, counselling, mental health and anger management, family violence and abuse

1300 789 978

24-hour support - Telephone, chat on-line or video chat

SUICIDE CALL BACK SERVICE

www.suicidecallbackservice.org.au

Providing free telephone and online counselling to people who are affected by suicide

**IN ANY HEALTH EMERGENCY
CALL 000**

BEYOND BLUE

www.beyondblue.org.au

Support. Advice. Action Mental Health and wellbeing support

1300 224 636

24/7 Chat online, phone or email

HEADSPACE

www.headspace.org.au

Its free, confidential and can be anonymous Focused on young people – from 12-25 years

1800 650 890

Chat online, email or speak with a qualified professional

REACH OUT

www.reachout.com

Tailored specifically for young people under 25 years With everyday questions through to tough times. Visit now to get tools you need to make life easier Online – click on Urgent Help and click on NextStep

RUOK

www.ruok.org.au

There's more to say after RUOK?

Suicide prevention programs assisting people who could be struggling with life's ups and downs. Provides information on how to ask questions and provide support.

Southern Mitchell
Rotary



www.rcsm.org.au