

Supporting mental health in Greater Bendigo

The dry seasonal conditions experienced in this region during 2019 have had a lasting impact on the health and wellbeing of our rural communities. In recognition of these impacts, the Department of Health and Human Services has provided the City of Greater Bendigo with funding to develop a Mental Health Promotion Plan which comprises a range of activities and initiatives aimed at building awareness of mental health in the community, the range of mental health support available and developing community resilience.



As part of this initiative, the City has developed the following mental health information resources:

1. [Mental Health Immediate Support Information](#)
2. [A Guide to Mental Health Information and Resources](#)
3. [Building Mental Health Capacity in the Community](#)

Please note if you, or someone you know, are in need of mental health support and it is not an emergency, call your General Practitioner.

If it is an emergency, please call 000.


1. Mental Health Immediate Support Information


Lifeline

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services.

Crisis Support Chat is available from 7pm – midnight (Sydney time) 7 days, or Click the 'Online' chat icon (during chat hours) www.lifeline.org.au/get-help/online-services/crisis-chat


Outside of these hours, please call Lifeline on 13 11 14, available 24/7 from a landline, payphone or mobile.

 www.lifeline.org.au

 13 11 14 – available 24/7

Suicide Call Back Service


Suicide Call Back Service is a nationwide service that provides FREE professional 24/7 telephone and online counselling to people who are affected by suicide. You can call the service if you or someone you know is at risk of suicide, if you have been affected by suicide, or if you are supporting people who have been affected by suicide.


 www.suicidecallbackservice.org.au

 1300 659 467

Beyond Blue


Beyond Blue is a trusted source of information and support on suicide prevention, we provide information to people at risk of suicide, or who have attempted to take their life with support options and give practical advice for people worried about someone they think might be suicidal on how to help.

 www.beyondblue.org.au/the-facts/suicide-prevention

 1300 22 4636 – available 24/7

Bendigo Health's Regional Mental Health Triage Service


A telephone-based assessment and support service that provides 24 hour, 7 day a week access to mental health services across the Loddon Campaspe Southern Mallee region. Staffed by senior mental health clinicians. It involves an initial assessment of a person (typically over the phone or face-to-face) to determine the type and urgency of the response required from mental health or other services.

 1300 363 788


2. A Guide to Mental Health Information and Resources

Bendigo Health

Bendigo Mental Health Services provide high quality mental health care to Loddon Campaspe Southern Mallee communities. See the website for detailed information about the services and resources provided.


 [www.bendigohealth.org.au/
MentalHealthServices](http://www.bendigohealth.org.au/MentalHealthServices)

 info@bendigohealth.org.au

 5454 6000

RU OK

RU OK? Is a non-profit suicide prevention organisation with a mission to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling with life. By inspiring people to take the time to ask: "Are you OK?" and listen, we can help people struggling with life feel connected long before they even think about suicide.

 www.ruok.org.au

Bendigo Loddon Primary Care Partnership


You are able to find the Mental A-Z Network: Greater Bendigo and Loddon Contacts list through the below link. The link also has some other resources from City of Greater Bendigo.


 [www.blpcp.com.au/bendigo-
resources](http://www.blpcp.com.au/bendigo-resources)

Rural Health Connect

Rural Health Connect allows rural Australians to speak to psychologists via video conferencing from home. If you are in a life-threatening crisis situation, DO NOT use this site. Call Lifeline on 131 114 to access a free 24-hour hotline.


If your issue is an emergency, call 000 or go to your nearest emergency department.


 info@ruralhealthconnect.com.au

 0427 692 377

Beyond Blue


Beyond Blue wants to equip people with the skills they need to look after their own mental health and wellbeing, and to create confidence in their ability to support those around them. Government benefits are available to pay part of the cost of medical and psychological treatments involving a Mental Health Treatment Plan or referral from a psychiatrist.

 www.beyondblue.org.au
Chat online 3pm-12am – 7 days
per week

 1300 22 4636 – available 24/7

Kids Help Line


Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25. Kids Helpline makes a difference to the emotional wellbeing and lives of our kids every single day — ensuring young people know they are not alone. FREE service


 1800 55 1800. Anytime. Any Reason.

Talk it Out

Talk it Out is a free phone and online counselling service for people in the Murray PHN region who are feeling the pressures and stresses of everyday life. The service is for those aged 15 and over and provided by professionally trained counsellors.


Talk it Out is available 24 hours a day, seven days a week on 1300 022 946 or by visiting talkitoutmurray.org.au and signing up for online counselling.

 www.talkitoutmurray.org.au

 1300 022 946

headspace

headspace supports young people, between the ages of 12-25, with mental health, physical health, drug and alcohol support and educational/vocational support. All services are FREE.

 www.headspace.org.au




3. Building Mental Health Capacity in the Greater Bendigo Community

Living Works New Start Program

Living Works New Start teaches life-saving suicide prevention skills in as little as one hour online. Dynamic, interactive content provides a high-impact learning experience. The cost of \$20 is currently discounted to support communities during COVID-19.

 www.livingworks.com.au


 mgraeber@arcvic.org.au

Keep in Touch (KiT) Van

The KiT Van is A FREE service, based in the Loddon Campaspe Region. This program aims to break down stigma and empower 12-25-year old's to focus on their mental health and wellbeing.

The KiT Van attends youth focussed gatherings and provides a safe space to connect with peers. The KiT app allows you to request or track the van and view links to local services and community connections.


Please note: Bookings will be available from August, however, these booking/s are only tentative as applicants will need to do a risk assessment due to changing COVID-19 regulations.


 www.loddonhealthyminds.com.au/news/item/98-keep-in-touch-kit-van

The Anxiety Recovery Centre Victoria (ARCVic)

The Anxiety Recovery Centre Victoria is a state-wide, specialist mental health organisation, providing support, recovery and educational services to people and families living with anxiety disorders.

Call the OCD & Anxiety Helpline from 10am to 8.30pm Monday to Friday.


 www.arcvic.org.au

 1300 269 438

 (03) 9830 0533

National Centre for Farmer Health


The National Centre for Farmer Health is based in Hamilton, Victoria. The centre leads the way in improving the health, wellbeing and safety of farmers, farm workers and their families across Australia and houses University research, a healthcare service and an education centre.

 www.farmerhealth.org.au

Heathcote Health 'Be Well' Course


Heathcote Health would like to encourage the Heathcote Community to engage in the 'Be Well' Wellbeing Course. This is a webinar series course, supported by evidence-based research to boost your wellbeing and positive mental health. This course is free until August 31, 2020.

Register yourself today by visiting www.bewellplan.com/register

 www.bewellplan.com

This Way Up

This Way Up offers proven online courses using Cognitive Behaviour Therapy (CBT). Courses are designed to help identify, understand, and improve psychological difficulties like stress, insomnia, worry, anxiety and depression. FREE access to all courses is being offered during the COVID-19 crisis.

 www.thiswayup.org.au


Mental Health First Aid – eLearning Courses

Mental Health First Aid Australia offers a range of eLearning courses as part of accredited and non-accredited Mental Health First Aid core and specialised or short course delivery pathways. Cost involved.

 www.mhfa.com.au/courses/elearning

5 Ways to Wellbeing when in isolation

5 Ways to Wellbeing outlines 5 simple things that we can do each day to improve our wellbeing and happiness while we remain mostly in our homes to help prevent the spread of COVID-19.

 www.bendigo.vic.gov.au/About/Document-Library/5-ways-wellbeing-when-isolation-pdf

