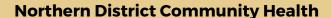


#### NORTHERN DISTRICT COMMUNITY HEALTH

# LOCAL MENTAL HEALTH, ALCOHOL & DRUG RESOURCES

Updated: 04/05/2021



## (03) 5451 0200

- Alcohol & Other Drugs Counsellors
- Alcohol & Other Drug Withdrawal Nursing Support
- Generalist Counselling
- Mental Health Carer's Support worker
- Partners in Recovery Chronic & Severe Mental Health Support
- Credentialed Mental Health Nurse Need a Mental Health Care Plan from your GP
- Youth Counselling

# **Alcohol & Other Drug Services**

- Poisons Hot Line -131 126
- Family Drug Help Line Support to Family & Friends of people using alcohol or drugs -1300 660 068
- Directline Alcohol & Other Drugs (24hr) 1800 888 236
- Ice Advice 1800 423 238

#### **Mental Health Crisis - 24 Hours**

- Loddon Mallee Psychiatric Regional Triage Service: 1300 363 788
- NSW Accessline: 1800 011 511



### **Mental Health - Regional Services**

- Community Mental Health Nurses at:
  - Swan Hill (03) 5036 1900
  - Echuca (03) 5480 7419 or 1300 363 788 (24hr)
- Bendigo Headspace (O3) 5434 5345 or headspace@bchs.com.au (Youth)
- Swan Hill Headspace (03) 4010 7100 or headspace.org.au/swanhill (Youth)

# **Crisis/After Hours Support - 24/7**

- Medical Emergencies / Police Assistance 000
- Mobile Connection for Medical Emergencies -112
- Nurse on call 1300 606 024
- Health Direct GP / Medical Advice 1800 022 222
- Beyond Blue Support & Counselling for Mental Health Issues - 1300 22 46 36
- StandBy Response Service (Bereavement Support after Suicide) (24hr) - 0439 173 310
- Men's Referral Service Support with Family Violence & Relationship Issues - 1300 766 491
- Sexual Assault & Domestic Violence National Helpline 1800 737 732.

**ACSO (Alcohol & Other Drugs and Community Mental Health Support)** 

1300 022 760

#### **Health Services**

Barham Hospital (03) 5451 1000
 Kerang District Health (03) 5450 9200
 Boort District Health (03) 5451 5200
 Cohuna District Hospital (03) 5456 5300
 Echuca Regional Health (03) 5485 5000
 MDAS Kerang (03) 5450 3019

# **Helplines**

- Mental Health Carer Helpline 1300 550 265
- Lifeline (24hr) 13 11 14
- Kids Help Line (24hr) 1800 551 800
- Parentline (24hr) 1800 301 300
- Mensline Australia 1300 789 978
- Suicideline (Vic) 1300 651 251
- Sexual Assault & Domestic Violence National Helpline 1800 737 732
- Gamblers Help Program (03) 5036 3200 or 24hr Helpline 1800 858 858
- HeadtoHelp 1800 595 212

#### **Other Services**

- Financial Counselling Service From Mallee
   Family Care 1800 63 22 63
- Rural Financial Counselling Service (Farmers & Small Farm Businesses) 1300 769 489
- TAC Road Trauma Support Service 1300 367 797
- Carers Gateway 1800 422 737

#### **Websites**

- Beyond Blue www.beyondblue.org.au
- Mental Health First Aid www.mhfa.com.au
- Counselling online Professional Drug & Alcohol Counselling www.counsellingonline.org.au
- Family Drug Help www.familydrughelp.com.au
- Men's Referral Service www.mrs.org.au/rights
- Gambler's Help www.gamblershelp@stlukes.org.au
- Road Trauma Support Service www.rtssv.org.au/counselling-and-support/
- www.headtohealth.gov.au/crisis-links

# **General Practitioner (GP)**

A GP Can provide a Mental Health Plan for a referral to a psychologist/counsellor/mental health nurse for free sessions.

•	NDCH Medical Clinic Kerang	(03) 5452 1366
•	Barham Medical Centre	(03) 5453 1722
•	Boort Medical Centre	(03) 5451 5220
•	Cohuna Medical Centre	(03) 5456 2609
•	Kerang Medical Clinic	(03) 5452 1288
•	Tristar Medical Group	(03) 5032 2133
•	Swan Hill Medical Group	(03) 5033 1711
•	Swan Hill Primary Health	(03) 5033 9900
•	MDAS Kerang	(03) 5450 3019

# Northern District Community Health - Visiting Services -

- Child & Adolescent Mental Health Services
  - Mental Health Triage 1300 363 788
- Vision Australia
- Axis Employment (03) 5032 5224
- Australian Hearing Australia 131 797 or (03) 5445 1400

#### I Don't Feel Safe (Violence Support Services)

- Mallee Domestic Violence & Sexual Assault Unit (03) 5033 1899 or (03) 5033 1786
- Victims of Crime Helpline 1800 819 817
- The Orange Door 1800 290 943
- Elder Abuse 1300 368 821
- Murray Mallee Legal Service 1800 243 002

# **Other Great Supports**

- Cohuna Family Drug Help 0427 567 170
- Foodbank Cohuna Neighborhood House (03) 5456 4666
- Food Bank Echuca 5482 6174
- St Vincent de Paul Kerang 5452 2380
- My Aged Care 1800 200 422
- Homelessness Service 1800 825 955

# **Supporting Children (Speak to School)**

- Child Protection Legal Service (03) 5023 5966 - 1800 243 002
- Child First Gannawarra Area 1800 290 943
- Child First LoddonArea 1800 260 338