

LOCAL MENTAL HEALTH, ALCOHOL & DRUG RESOURCES

Updated: 04/05/2021



Northern District Community Health

(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 (03) 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

Statewide Assessment & Referral Service - Bendigo Hub - (03) 5445 1600

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