

Wellbeing matters to us all

IN GANNAWARRA

Most of us will know a mate or family member who has experienced a mental health issue

With the right kind of help, people recover and lead healthy, productive and satisfying lives

45% of Australian adults will experience a mental illness at some stage in their lives.
26% of Australian young people suffer from anxiety, substance use disorders or other mental illness.

Asking someone are you ok?

Have you noticed changes in someone's wellbeing or body language?

Then you are close enough to that person to just ASK:

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ASSIST. Make contact, show empathy, show you care. "I'm worried about you" or "I've noticed..."

SUPPORT. Ask questions, actively listen and empathise. Encourage the flow of conversation.

KNOWLEDGE/RESOURCES. Help them to access resources or referral if you think they need it.

Where to go for help

Northern District
Community Health
5451 0200
ndch.org.au

Mallee District
Aboriginal Services
5032 8600
mdas.org.au

Mallee Family Care
5032 4479
malleefamilycare.com.au

Kerang District Health
5450 9200
kerangdistricthealth.com.au

Cohuna District Hospital
5456 5300
cdh.vic.gov.au

Your Local GP

The Orange Door -
Mallee
Family violence support
1800 290 943
orangedoor.vic.gov.au

Mallee Domestic Violence
Services
Counselling and support
5033 1899
msau-mdvs.org.au

headspace Swan Hill
4010 7100
headspace.org.au/
headspace-centres/swan-
hill/

Rural Financial Counselling
Service - North West
1300 769 489
sunrcs.com.au

Bendigo Health
Psychiatric Services.
Regional Triage
1300 363 788
bendigohealth.org.au

Haven Home Safe
Housing support services
and programs
5018 4205
havenhomesafe.org.au

ACSO
Help with mental health,
alcohol or drug issues
1300 022 760
acso.org.au

Nexus
Continued psychosocial
support. Some
conditions apply.
1300 77 33 52
nexusprimaryhealth.org.au

Lifeline
13 11 14
lifeline.org.au

Kids Helpline
1800 55 1800
kidshelpline.com.au

Beyond Blue
1300 22 4636
Beyondblue.org.au

In an emergency, call Triple Zero (000)

