

Mount Alexander Shire: Keeping mentally well



Feeling anxious, overwhelmed, worried or stressed



Be active



Get creative in the kitchen with healthy meals and snacks



Talk to family and friends



Do something you enjoy or try something new



Take a break from screens - try nature or meditation to unwind



* Look on line for advice on staying mentally well



Still not feeling better and need more help



* Talk to your GP about how you are feeling



* Ring or go on-line for support/counselling. Available 24/7



Ask your school who is the well-being person/team for students to talk to



* Speak to someone who has been through something similar (peer support)



* Talk to a local counsellor/psychologist



Ask your workplace about Employee Assistance Program (EAP)



Feeling that you are at imminent risk of harm



Reach out to someone you trust to assist you to get help



Ring 000 for emergency transport to hospital



Ring Mental health triage for hospital support (Enhanced Crisis Assessment Team) 1300 363 788



Ring Lifeline 13 11 14 Available 24/7



This project is supported by the Victorian Government's Community Activation and Social Isolation Initiative and Mount Alexander Shire Council.



CENTRAL VICTORIAN Primary Care Partnership

MASDAG



What can I do to help others



Connect with friends and family and ask how they are coping



Take the time to listen



* Find out what to do if a friend or family need help

* See second page for services and resources available for Mount Alexander Shire residents

Mount Alexander Shire: Keeping mentally well

Advice on staying mentally well

Personalised self-help program for your mental health

MyCompass: www.mycompass.org.au

Interactive self-help book with exercises

Moodgym: www.moodgym.com.au

Mental fitness challenges designed to improve the wellbeing of **young people 13- 16 years old.**

Bite Back: www.biteback.org.au

Mental Health advice for Tradies

HALT (Hope Assistance for Local Tradies): <http://thehaltbrekky.com/>

Talk to your local GP

GP can develop a mental health plan with you:

- Develop strategies to improve and maintain your mental health
- Referral to mental health experts, like a psychologist
- Develop a mental health care plan

Support line/counselling 24/7

Crisis support, suicide prevention and mental health

Lifeline: 13 11 14 or text 0477 13 11 14 (6pm –midnight)

Immediate help for depression and anxiety

Beyond Blue: 1300 224 636

Counselling for young people aged 5-25

Kids HelpLine: 1800 55 1800

Online support and counselling to young people aged 12 - 25 and their families and friends.

eHeadspace: <https://headspace.org.au/eheadspace/>

Counselling for men with emotional health and relationship concerns

MensLine Australia: 1300 789 978

LGBTIQA+ peer support and referral

(3pm to Midnight)
Switchboard: 1800 184 527

Professional phone and online counselling if you or someone you know is feeling suicidal

Suicide Call Back Service: 1300 659 467

Crisis line for Aboriginal men

Dardi Munwurro (Brother to Brother): 1800 435 799

Social and Emotional Wellbeing for Aboriginal Victorians

Yarning Safe'n'Strong: 1800 959 563

Alcohol and drug counselling and referral

DirectLine: 1800 888 236

Family Violence and sexual assault counselling

1800RESPECT: 1800 737 732

Psychosocial support including emotional spiritual care

Victorian Council of Churches Emergencies Ministry: 03 9654 1736

Local counsellors/psychologists

Psychology and counselling service

CHIRP Community Health: 5479 1000

Psychology and counselling service

(Private providers) Search online or ask your GP for a recommendation.

People bereaved or impacted by suicide

Standby Murray – Support After Suicide: 043 917 3310

How to help friends/family

How to start a conversation with someone you are worried about

RUOK: www.ruok.org.au

Conversation Matters:
www.conversationsmatter.com.au

Supporting some-one with mental illness

(standard, youth, teen, older person, Aboriginal)

Mental Health First Aid Training:
www.mhfa.com.au

Supporting someone who might be thinking of suicide:

safeTALK training: www.cch.org.au/elm/contact/

START (on-line training):
www.livingworks.com.au

Peer Support

If bereaved by suicide:

Every Life Matters (ELM):
theelmpsg@gmail.com

Mental Health Peer Support Line

BEING Supported: 10:00am – 4:00pm & 6:00pm – 10:00pm: 1800 151 151

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For language and support contact free Translation & Interpreting Service (TIS)

1. Dial TIS National on **131 450**
2. Say your language e.g. Mandarin and wait to be connected with an interpreter
3. When connected with an interpreter, say your name, the organisation you want to speak with and their contact number
4. Wait to be connected to the organisation

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See over for ways to keep mentally well for Mount Alexander Shire residents

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