

# Community Mental Health and Wellbeing Supports

## *Holiday Support*

### CRISIS CARE



If you, or a loved one, is in need of urgent mental health assistance, please call the Bendigo Regional Triage Service on 1300 363 788. This service operates 24 hours, 7 days a week and acts as the single point of entry into clinical mental health services. More information about triage can be found here:

<https://www.bendigohealth.org.au/MentalHealthRegionalTriage/> (click CTRL + link)

In an emergency, call 000 or 112 from a mobile telephone.

### SEE YOUR GP

If you're unsure of what might work for you, speaking with your GP is a really good place to start. If you don't have a regular GP you can find a General Practitioner (GP) here:

<https://www.healthshare.com.au/directory/doctors-gp-in-vic/>

Your GP can refer you for mental health care provided by psychologists, social workers and occupational therapists. Medicare rebates are available for up to 10 individual and 10 group therapy sessions for people who have been diagnosed with a mental disorder and have a mental health care plan. During this period of COVID, the number of sessions available has increased.

### HEADSPACE BENDIGO

Headspace supports young people, between the ages of 12-25, with mental health, physical health, drug and alcohol support and educational/vocational support.

Contact details: 78-80 Pall Mall, Bendigo (directly opposite Law Courts) Ph: 03 5406 1400

eheadspace also provides online and phone support and counselling to young people. You can self-refer below:

<http://www.headspace.org.au/headspace-centres/headspace-bendigo/>

Scroll to the bottom of Headspace Bendigo page from link above, to "Make A Referral"

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### OTHER PHONE SERVICES AND WEBLINKS



**Kids Help Line:** Free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25. All young people can choose the gender of the counsellor they speak to. Young people are able to access the same counsellor if they wish to call back.  
Phone: 1800 551 800

**Lifeline:** 24-hour crisis support and suicide prevention strategies.

<https://www.lifeline.org.au/> Text and Chat options available also. Phone: 13 11 14

### BENDIGO COMMUNITY HEALTH SERVICES

BCHS provides a range of health care including medical (GP & nursing), counselling, sexual health, financial, alcohol and drug counselling services for young people and families.

<https://www.bchs.com.au/> Phone: 1800 595 212

### HEAD TO HEALTH

“We find the mental health support that’s best for you” Head to Health provides onsite support for those who need it, along with telehealth for anyone across our region.

<https://www.headtohealthvic.org.au/> Phone: 1800 595 212

### ANGLICARE YOUTH SERVICES

Anglicare provides information and support to young people and families around a variety of personal issues, family conflict, housing and homelessness, education and work issues.

Contact: 10 Mundy St, Bendigo Phone: 03 5434 3922

<https://www.anglicarevic.org.au/contact-us/locations/>

*Have a safe and enjoyable break and we look forward to seeing you when school returns.*