

OPEN ARMS

www.openarms.gov.au

Veterans and families counselling
Mental Health and Well-being support for
current and ex-serving Australian Defence
Force personnel and their families

1800 011 046

24-hour service

BLACK DOG INSTITUTE

www.blackdoginstitute.org.au

Evidence informed programs, consultancy,
resources and clinical services for
everyone. Programs for workers, students,
health professionals and entire communities

ARE YOU BOGGED MATE?

www.areyouboggedmate.com.au

Its all about helping country blokes talk
about mental health and suicide while
spreading awareness about depression in
the bush.

If you're feeling bogged or you're trying to
pull out a mate who's stuck in the mud, we
can get you connected with the right help.

On-line advice

Facebook@areyouboggedmate

VERYWELLMIND

www.verywellmind.com

Know more, Live Brighter

Whether you want to better manage stress,
understand a mental health disorder, or
learn why we dream, get the guidance you
need to be healthy and happy

All mental wellbeing topics covered with
On-line Therapy with experts 24/7

Tech help

MEDICAL SERVICES

EUROA MEDICAL CENTRE

90 Binney Street Euroa

All mental health topics

03 5795 2011

8.30am-6pm Monday – Friday

9.00am-5pm Saturday

Bulk Billing

VIOLET TOWN MEDICAL CLINIC

31 Weir St Euroa

03 5736 4000

8.30 - 5.00 Monday – Friday

Bulk Billing

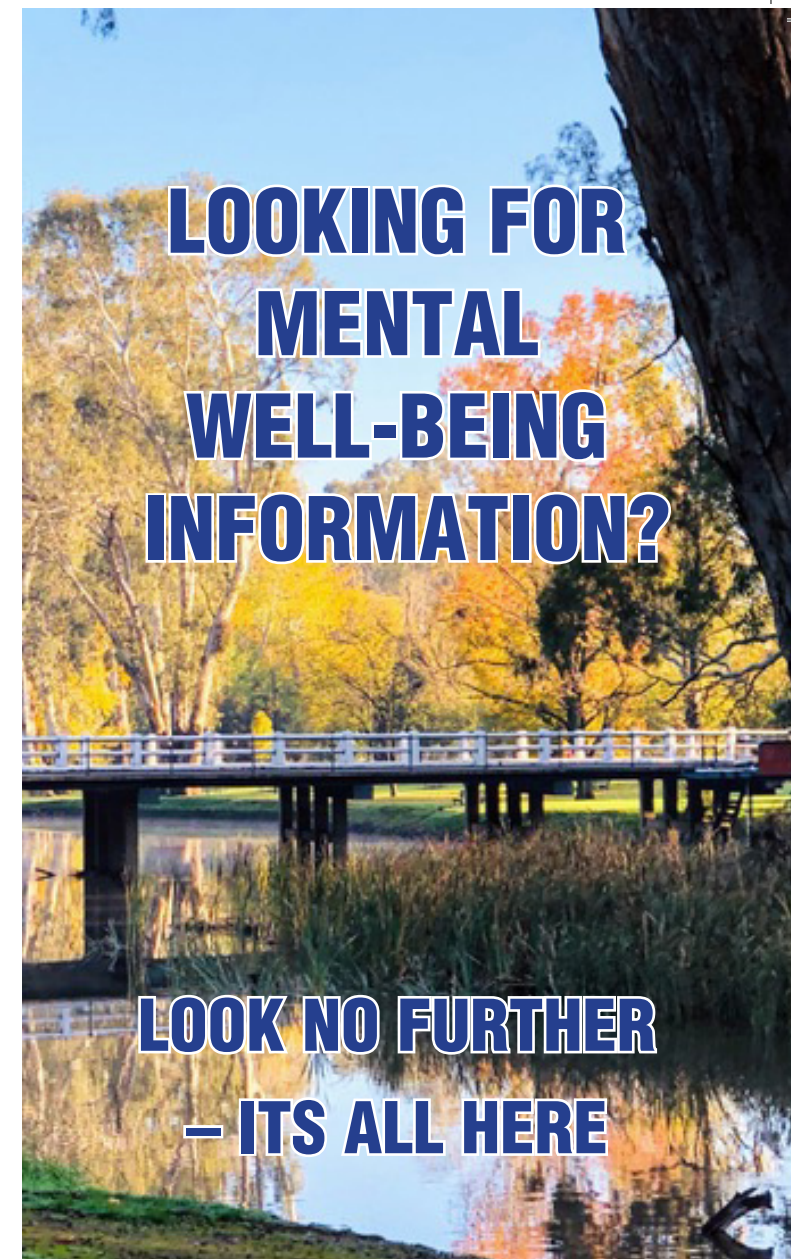
GOULBURN VALLEY HEALTH

Urgent Mental Health Service for children,
youth, adults and aged people.

Goulburn Valley Area Mental Health
Service provides a range of services for
individuals suffering from, or at risk of,
serious mental health problems requiring
short and long-term treatment and support.
The service covers the municipalities of
Mitchell, Murrindindi, Strathbogie, Greater
Shepparton and Moira.

**Referral to any of the Goulburn Valley
Area Mental Health Services can be made
by calling 1300 369 005.**

The service is staffed by a dedicated team
of local skilled and experienced mental
health professionals 24 hours a day, seven
days a week



**LOOKING FOR
MENTAL
WELL-BEING
INFORMATION?**

**LOOK NO FURTHER
- ITS ALL HERE**

Rotary
Club of Euroa



**The information in this leaflet has been an
initiative of the Rotary Club of Euroa
supporting mental well-being in our community.**

With an increase in demand for mental well-being information and support, this leaflet has been designed to centralise information making it easier to locate support services both locally and online.

The services listed here are examples of a range of mental well-being websites with ways to make contact and seek help and advice. Each service is tailored to various age groups including kids, young people and adults.

The websites we hope will provide a starting point for finding the one that suits you best. For more information and other support groups search on the web or reach out to your Health Professional. Keep this leaflet in a place for all the family to access or put it on the fridge for all to see and read.

The services are approved by our local Health Professionals.

LIFELINE

www.lifeline.org.au

Call, chat or text

Suicide prevention, mental health support and emotional assistance

13 11 14 or Text: 0477 131 114

Free 24hr telephone crisis support on the phone or face to face on line



KIDS HELP LINE

www.kidshelpline.com.au

Anytime - Any Reason

Age group – 5 - 25

1800 551 800

Telephone and on-line counselling service

COUNSELLING ONLINE

www.counsellingonline.org.au

Drug/Alcohol Counselling (VIC)

Online supporting people affected by alcohol and other drugs

1800 888 236

Free 24/7 support

MENSLINE AUSTRALIA

www.mensline.org.au

Help, support, referrals, counselling, mental health and anger management, family violence and abuse

1300 789 978

24-hour support - Telephone, chat on-line or video chat

SUICIDE CALL BACK SERVICE

www.suicidecallbackservice.org.au

Providing free telephone and online counselling to people who are affected by suicide

1300 659 467

24/7 telephone and online counselling

BEYOND BLUE

www.beyondblue.org.au

Support. Advice. Action Mental Health and wellbeing support

1300 224 636

24/7 Chat online, phone or email

HEADSPACE

www.headspace.org.au

Its free, confidential and can be anonymous Focused on young people – from 12-25 years

1800 650 890

Chat online, email or speak with a qualified professional

REACH OUT

www.reachout.com

Tailored specifically for young people under 25 years

With everyday questions through to tough times. Visit now to get the tools you need to make life easier

Online – click on Urgent Help and click on NextStep

RUOK

www.ruok.org.au

There's more to say after RUOK?

Suicide prevention programs assisting people who could be struggling with life's ups and downs. Provides information on how to ask questions and provide support.

It is not a help line

**IN A MENTAL HEALTH EMERGENCY
CALL 000**