

Mental Health Services Directory

Step 1:

For anyone experiencing mental health issues or anyone you may be concerned about, the first step in seeking support is talking to your local General Practitioner.

*If you or a loved one is in **urgent need of assistance**, please call the Psychiatric Regional Triage on **1300 363 788**. This number provides access to Bendigo Health Psychiatric Services. Regional Triage operates 24 hours a day 7 days a week.*

If the matter is not urgent please contact your General Practitioner or one of the below services.

Headspace

The National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds.

Talk in person at the Headspace office located at
78-80 Pall Mall, Bendigo
Phone: (03) 5434 5345
Website: www.headspace.org.au
(online chat available)

Lifeline

A 24 hour crisis support and suicide prevention service.

Phone: 13 11 14
Website: www.lifeline.org.au
(online chat available)

Kids Helpline

Kids Helpline is a free, 24 hour counselling service for young people aged 5-25 years. Counselling is offered by phone, email and over the web.

Phone: 1800 55 1800
Website: www.kidshelpline.com.au
(online chat available)

MensLine Australia

MensLine Australia is the national telephone and online support, information and referral service for men with family and relationship concerns, available 24 hours a day 7 days a week.

Phone: 1300 78 99 78
Website: www.mensline.org.au
(Online counselling, video counselling and online forum available)

ACSO

(Australia Community Support Organisation)

To access Community Mental Health Support and Drug and Alcohol Support Services throughout the Loddon Mallee Murray region.

28 Pall Mall, Bendigo
Phone: 1300 022 760 (intake and referral service)
Website: www.acso.org.au

beyondblue

Provide information, resources and support which promote good mental health.

Phone: 1300 224 636
(24 hours / 7 days a week)
Website: www.beyondblue.org.au
(online chat available)

Mind Carer Helpline

Free, confidential information, support and referral for family, carers, and friends of people experiencing mental health issues.

Phone: 1300 550 265 (Monday to Friday 9.00am – 5.00pm)
Website: www.mindaustralia.org.au