

# 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 about how you're feeling



Do something you enjoy or try something new



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



\* Look online 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 online for support or counselling. Available 24/7



Ask your school who is the wellbeing person/team for students to talk to



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



\* Talk to a local counsellor or 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.



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 member needs help

\* See over 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](http://www.mycompass.org.au)

Interactive **self-help book** with exercises

Moodgym: [www.moodgym.com.au](http://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](http://www.biteback.org.au)

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

## Talk to your local GP

Your 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 for **young people aged 12-25**, 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-midnight)  
QLife: 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

Private providers: Search online or ask your GP for a recommendation

People bereaved or impacted by **suicide**  
Standby Murray-Support After Suicide: 0439 173 310

## How to help friends or family

How to start a **conversation** with someone you are worried about  
RUOK: [www.ruok.org.au](http://www.ruok.org.au)  
Conversation Matters:  
[www.conversationsmatter.com.au](http://www.conversationsmatter.com.au)

Supporting someone with **mental illness** (standard, youth, teen, older person, Aboriginal)  
Mental Health First Aid Training:  
[www.mhfa.com.au](http://www.mhfa.com.au)

Supporting someone who might be thinking of **suicide**:  
safeTALK training: [www.cch.org.au/elm/contact/](http://www.cch.org.au/elm/contact/)  
START (online training):  
[www.livingworks.com.au](http://www.livingworks.com.au)

## Peer Support

If bereaved by **suicide**:  
Every Life Matters (ELM):  
[theelmpsg@gmail.com](mailto:theelmpsg@gmail.com)

Mental Health **Peer Support Line**  
BEING Supported: 10am-4pm and 6pm-10pm: 1800 151 151



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

See over for ways to keep mentally well