

# SUICIDE PREVENTION

## Are you thinking about suicide?

Thoughts and feelings of ending your life can be overwhelming and frightening. It can be difficult to know what to do and how to cope but help is available.

### Get help. You are not alone.

Call Lifeline **13 11 14** or **000**.

- Contact Lifeline on the number below
- Talk to someone you trust – you don't have to go through this alone. Tell them how you feel – and that you are thinking of suicide. **Ask them to help you keep safe.**
- Get help and support to stay alive – contact a helpline, your GP, a counsellor, psychologist or psychiatrist, a hospital emergency department, minister, teacher or anyone you trust to keep you safe.
- If life is in danger – call emergency services 000

Info provided by [www.lifeline.org.au](http://www.lifeline.org.au)

Lifeline T: 131 114  Lifeline

### Suicide Prevention Australia

[www.suicidepreventionaust.org](http://www.suicidepreventionaust.org)

 Suicide Prevention Australia  @SuicideprevAU

**Suicide Line** | [www.suicideline.org.au](http://www.suicideline.org.au) T: 1300 651 251

### Suicide Call Back Service

[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au) T: 1300 659 467

 Suicide Call Back Service

### Psychiatric Crisis Assessment & Treatment Team 24 hours a day - 7 days a week.

Provides you with immediate telephone access to an experienced, highly skilled mental health clinician.

### Emergency Numbers

Hepburn Shire: T: 1300 661 323

Macedon Ranges Shire & Mount Alexander Shire:

T: 1300 363 788

## MESSAGE FROM MARY-ANNE

Mental health is something that affects every Victorian. From teenagers to retirees, mums and dads, and workers in all trades and professions, we all need to actively take care of our mental health.

Almost half of all Victorians will experience mental illness in their lifetime. All of us will know someone who has experienced mental illness or mental health issues.

We know many people do not seek treatment for their mental health issues, or do not receive the level of care they need.

This is why the Andrews Government has established a Royal Commission into Victoria's Mental Health System – the first of its kind in Australia. It's an opportunity to repair and build the modern, contemporary mental health system Victorians deserve.

This brochure has been designed to assist people reach out and access the help they need. It lists services and support groups in the Macedon Ranges and Hepburn Shires.

Whether you're experiencing mental illness or know someone who is, please understand that you're not alone and that there's a network of individuals and health professionals who can help.

Mary-Anne Thomas

Authorised by MA Thomas, Shop 14, Nexus Centre, 9 Goode Street, Gisborne.  
Printed by Kosdown Printing, 10 Rocklea, Drive, Port Melbourne. Funded from Parliamentary budget.

# MENTAL HEALTH CONTACTS & SERVICES GUIDE



## Mary-Anne Thomas MP LABOR MEMBER FOR MACEDON

**OFFICE:** Shop 14, Nexus Centre,  
9 Goode Street, Gisborne, VIC 3437

**POSTAL:** PO Box 39,  
Gisborne, VIC 3437

**P:** 5428 2138

**E:** [mary-anne.thomas@parliament.vic.gov.au](mailto:mary-anne.thomas@parliament.vic.gov.au)

 [MaryAnneMacedon](https://www.facebook.com/MaryAnneMacedon)

 [maryannethomasmp](https://www.instagram.com/maryannethomasmp)

**Mary-Anne  
Thomas MP  
LABOR MEMBER  
FOR MACEDON**



## 24 HOUR SUPPORT

Your GP is there to assist you with all your health needs including mental health. If you need assistance or advice urgently, the following local and national contacts may be useful.

### Ballarat Health Services

Mental Health Services: 1300 247 647

### Bendigo Health Psychiatric Services

Business Hours: 5421 2100

Emergency/after hours: 1300 363 788

7-25 Caroline Chisholm Drive, Kyneton

Based in Kyneton, Bendigo Health Psychiatric Services expertise covers:

- **Psychiatric Crisis Assessment & Treatment Team (PCATT)** 24 hours a day - 7 days a week. Immediate telephone access to a mental health clinician.
- **Adult Mental Health** Adult mental health services (16–64 years) for those with mental illness.
- **Aged Care Mental Health** Aged 65 and older with a mental illness and/or exhibit behaviour that can't be managed by aged care services.
- **Child & Adolescent Mental Health** Aged 0-18 experiencing severe emotional and behavioural problems and/or mental illness.

### beyondblue

[www.beyondblue.org.au](http://www.beyondblue.org.au) T: 1300 224 636

 beyondblue  @beyondblue

Raises awareness of depression, anxiety and suicide prevention, reduces the stigma surrounding these issues and encourages people to seek support when they need it.

### Lifeline

[www.lifeline.org.au](http://www.lifeline.org.au) T: 13 11 14

 Lifeline  @LifelineAust

Access to 24-hour crisis support and suicide prevention services.

### MensLine

[www.mensline.org.au](http://www.mensline.org.au) T: 1300 789 978

 MensLine Australia  @MensLineAus

National 24/7 telephone, online-chat and video counselling service, supporting men with family and relationship issues.

### Kids Helpline

[www.kidshelp.com.au](http://www.kidshelp.com.au) T: 1800 551 800

 Kids Helpline Official  @KidsHelplineAU

Kids Helpline is Australia's only free, private and confidential, phone counselling service specifically for young people aged between 5 and 25.

### Gay & Lesbian Switchboard

[www.switchboard.org.au](http://www.switchboard.org.au)

T: 1800 184 527 (3pm – 12am everyday)

 Switchboard Victoria  @switchboardvictoria

Free, anonymous and confidential service staffed by trained volunteers who are lesbian, gay, bisexual or transgender.

### Griefline

[www.griefline.org.au](http://www.griefline.org.au) T: 1300 845 745

 Griefline Community and Family Services Inc.

 @griefline services

GriefLine provides counselling and support to people experiencing loss and grief at any stage in life.

### Safe Steps

[www.safesteps.org.au](http://www.safesteps.org.au) T: 1800 015 188

 safestepsFV  @safestepsFV

Free professional support services for women and children experiencing violence and abuse from a partner or ex-partner, another family member or someone close to them.

## LOCAL HEALTH SERVICES

### Cobaw Community Health

[www.cobaw.org.au](http://www.cobaw.org.au) T: 1300 026 229 (Business hours)

Provides a range of free and low cost services in early childhood, youth, families, adults, aged & disability including counselling in the Macedon Ranges.

Locations: 47 High Street, Kyneton  
7/25 Caroline Chisholm Drive, Kyneton  
49 Forest Street, Woodend  
142 Main Street, Romsey

### Macedon Ranges Health

[www.mrh.org.au](http://www.mrh.org.au) T: 5428 0300 5 Neal Street, Gisborne

Macedon Ranges Health is a not-for-profit, community based organisation providing health services including psychological counselling services to communities in the Macedon Ranges Shire and surrounding districts.

### Hepburn Health Services

[www.hhs.vic.gov.au](http://www.hhs.vic.gov.au)

Hepburn Health Service is a rural health and wellbeing service working in partnership with communities across the Hepburn Shire. Psychologists & counselling are provided in Daylesford & Trentham.

■ **Daylesford Community Health** T: 5321 6550

13 Hospital Street, Daylesford

■ **Trentham Community Health** T: 5421 7200

22-24 Victoria Street, Trentham

## LOCAL SUPPORT GROUPS

### PS My Family Matters

[www.psmfm.org.au](http://www.psmfm.org.au) T: 0475 269 965

 PSMMyFamilyMatters E: [psmfm@outlook.com](mailto:psmfm@outlook.com)

PS My Family Matters offers support to carers of individuals with a mental illness in the Macedon Ranges.

### Hope Assistance Local Tradies (HALT)

[www.thehaltbrekky.com](http://www.thehaltbrekky.com)

 HALT T: 0409 756 274

HALT aims to remind tradies they are valued by their community, and direct them to support services, both local and national, should they need them.

### Macedon Ranges Suicide Prevention Action Group

E: [macedonrangesspag@gmail.com](mailto:macedonrangesspag@gmail.com)

MRSPAG looks for ways the community can work together to prevent suicide in the Macedon Ranges

## OTHER SPECIALIST SUPPORT

### Women's Information & Referral Exchange

[www.wire.org.au](http://www.wire.org.au) T: 1300 134 130

 WIRE-Women's Information and Referral Exchange

 @WIREwomensinformation

WIRE Women's Information is the only statewide free, confidential information & referral service for Victorian women.

### Parentline

T: 1300 026 229 (8am – midnight 7 days a week)

Parentline is a confidential phone counselling service for parents and carers of children and teens in Victoria. They offer information, referrals and assistance on a range of parenting issues.

### eheadspace

[www.eheadspace.org.au](http://www.eheadspace.org.au) T: 1300 650 890


 eheadspaceAustralia  @headspace\_AUS

Part of the National Youth Mental Health Foundation, eheadspace is a confidential, free and secure space where young people 12 - 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.

### Mental Health Complaints Commissioner

[www.mhcc.vic.gov.au](http://www.mhcc.vic.gov.au) T: 1800 246 054

 Mental Health Complaints Commissioner

 @mentalhealthcomplaintscommissioner

The Mental Health Complaints Commissioner is a specialist independent mental health complaints body that supports consumers, families and carers with complaints about public health mental services.

## MENTAL HEALTH APPS

- Headspace: Meditation & Sleep
- The Check-in App by Beyond Blue

There are lots of different apps out there that explore mindfulness, meditation and mental health tips.

**The most important thing is to find one that's right for you.**

**IN AN EMERGENCY ALWAYS CALL 000**