

Guide to Support Services and Resources

Mental Health, Anxiety and Depression

 <p>www.beyondblue.org.au</p> <p>PH: 1300 22 46 36 (Call 24/7)</p> <p>Depression and Anxiety Information and Support</p>	 <p>https://au.reachout.com/</p> <p>Information and Support re: Mental Health, Alcohol and Drugs, Tough times, Bullying and Abuse, Loss and Grief</p>	 <p>www.recovery.awh.org.au</p> <p>Activities, articles and practical resources to help improve your health and wellbeing</p> <p>(Albury Wodonga Health)</p>
 <p>YOUTH BEYOND BLUE</p> <p>https://www.youthbeyondblue.com/</p> <p>PH: 1300 22 46 36 (Call 24/7)</p> <p>OR Online Chat from 3pm-12am</p>	 <p>https://thebutterflyfoundation.org.au/</p> <p>PH: 1800 33 46 73 (Monday to Friday 8am - 9pm)</p>	 <p>https://www.arcvic.org.au</p> <p>PH: 1300 269 438 OCD and Anxiety Helpline</p> <p>Provides Support, Information and Referral</p>
 <p>http://understandinganxiety.wayahead.org.au/</p> <p>Anxiety Support Line. Online Support Groups available.</p>	 <p>headspace.org.au/ehespace</p> <p>PH: 1800 650 890 OR (02) 6055 9555 (Albury/Wodonga)</p> <p>Support for young people (12-25 years old) and their family who are going through a tough time</p>	 <p>www.supportaftersuicide.org.au</p> <p>Provides a range of services and programs to support people who have been bereaved by suicide.</p>

MEDICARE MENTAL HEALTH PLANS

To access subsidised counselling and psychological supports via the Medicare system, please talk to your General Practitioner about a 'Mental Health Treatment Plan'.

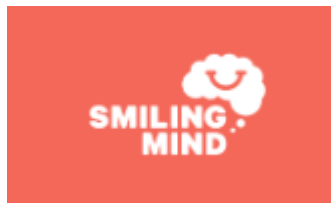
You can now received 20 Medicare subsidised therapy sessions from an eligible mental health professional.

Head to Health

www.headtohealth.gov.au

Information, advice and access to free and low-cost phone and online mental health services and supports

Apps



FREE Mindfulness App
Mindfulness and meditation activities for adults and children



ReachOut Australia Breathe
FREE Guided Breathing App
(iPhone and iPad)

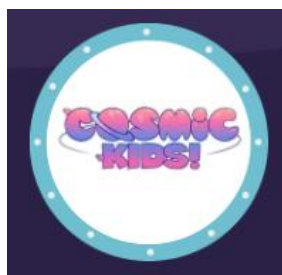


Meditation and Mindfulness App to help with reducing stress, focus more and sleep better. Helps you track your progress.



BREATH, THINK, DO WITH
SESAME

FREE
Learn problem solving strategies and calming techniques



COSMIC KIDS

Yoga and Mindfulness for Kids











STOP, BREATHE & THINK
KIDS




Mindfulness and Meditation for kids









<https://kidsapp.stopbreathethink.com/parent>

 <p>BREATHLY FREE Guided breathing techniques to help relaxation</p> 	 <p>RELAX MELODIES Sleep sounds to calm & mediate</p> 	 <p>STOP, BREATHE & THINK Meditation and Mindfulness</p> 
	 <p>Guided Meditation to lower stress, reduce anxiety and increase sleep.</p> 	

Kids Supports and Resources

 <p>https://kidshelpline.com.au/</p> <p>PH: 1800 55 1800</p> <p>Phone counselling or online text/chat</p>	 <p>https://headspace.org.au/</p> <p>PH: 1800 650 890 OR (02) 6055 9555 (Albury/Wodonga)</p> <p>Support for young people and their family who are going through a tough time</p>	 <p>www.studentwellbeinghub.edu.au</p> <p>Information for parents, students and educators to support wellbeing, as well as reducing the risk of anxiety and depression in children and young people</p>
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Family Support

 <p>https://parentline.com.au/</p> <p>PH: 1300 301 300</p> <p>Free counselling and support for parents and carers</p>	 <p>https://junction.org.au/</p> <p>PH: (02) 6043 7400 E: reception@junction.org.au</p> <p>Supports people who are disadvantaged through poverty, homelessness, family breakdown, social isolation, family violence, mental ill health and drug and alcohol addiction.</p>	 <p>PH: (02) 6055 8000 Head Office (Wodonga)</p> <p>E: admin@umfc.com.au</p> <p>Assists families affected by separation to come to child focused parenting arrangements. Support families in reaching agreements out of court.</p>
<p>Child First</p> <p>PH: 1800 705 211</p> <p>Provides information, advice and support to children and their families. Links families to services.</p>	 <p>https://www.facebook.com/North-East-Eating-Disorders-Support-Group-LTD-NEEDS-639535619827526/</p>	 <p>www.openarms.gov.au</p> <p>1800 011 046</p> <p>Counselling for current serving armed forces personnel, veterans and their families.</p>
	 <p>www.positivepartnerships.com.au</p> <p>Workshops and Online resources to support and improve educational outcomes for students with autism.</p>	

Men's Health and Support



<http://matesinconstruction.org.au/>

PH: 1300 642 111

Mates in Construction
Suicide prevention in the
construction industry



<https://mensline.org.au/>

PH: 1300 78 99 78

Telephone and online counselling
service for men with emotional
health and relationship concerns.



<https://www.facebook.com/DadsInDistress>

PH: 1300 853 437

Multicultural



<https://www.tisnational.gov.au/>

Online and phone interpreters for
non-English speaking persons in
need of support



<https://djirra.org.au/>

PH: 1800 105 303
(Freecall)

Djirra is a culturally safe place
where culture is celebrated and
practical support is available



<https://mungabareena.org.au/>


PH: (02) 6024 2599

Provides referrals and support
for Indigenous families.


Domestic Violence and Sexual Assault Supports

 <p>National Sexual Assault, Domestic Family Violence Counselling Service</p> <p>www.1800respect.org.au/</p> <p>PH: 1800 737 732 (24/7) NRS: 1800 555 677 Interpreter: 13 14 50</p>	 <p>centreagainstviolence.org.au</p> <p>PH: (03) 5722 2203 (Mon-Fri 9am-5pm)</p> <p>In person counselling service</p>	 <p>Services / Young adults /</p> <p>Victims Assistance Program</p> <p>https://www.merrihealth.org.au</p> <p>PH: 1300 362 739 (Mon- Fri, 9am-5pm)</p> <p>Support and Counselling for victims of crime including family violence</p>
 <p>PH: 1800 806 292 (Toll free call 24/7)</p> <p>For sexual assault issues after hours</p>	 <p>https://www.whiteribbon.org.au/financial-help/domestic-violence-hotlines/</p> <p>List of agencies, websites and hotlines for support in instances or risk of domestic violence.</p>	


Accommodation Supports

 <p>www.beyondhousing.org.au</p> <p>PH: (02) 6055 9000 (Wodonga)</p> <p>AH: 1800 825 955 (Emergency accommodation anywhere in Victoria)</p> <p>E: info@beyondhousing.org.au</p> <p>82 High St Wodonga (9am-5pm Mon-Fri) Emergency accommodation, transitional housing, community housing</p>		
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Legal Support

 <p>www.legalaid.vic.gov.au/</p> <p>PH: 1300 792 387 (Mon-Fri; 9am -5pm)</p> <p>Provides free information over the phone about the law and how they can help you</p>		
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Alcohol and Drug Support Services

 <p>www.directline.org.au</p> <p>PH: 1800 888 236</p> <p>Live online counselling or email support for problems involving alcohol or other drugs</p>	 <p>Link to information and support for alcohol and other drugs</p> <p>https://www2.health.vic.gov.au/alcohol-and-drugs/aod-treatment-services/pathways-into-aod-treatment/aod-telephone-online-services</p>	
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Emergency Supports

 <p>Call 000 in an EMERGENCY</p> <p>Police, Fire, Ambulance</p>	 <p>LIFELINE</p> <p>PH: 13 11 14 (24/7)</p> <p>www.lifeline.org.au</p> <p>Mental Health Support</p>	 <p>PH: 1300 65 94 67 (24/7)</p> <p>www.suicidecallbackservice.org.au</p> <p>Phone counselling service or online web chat. Support for anyone who is feeling suicidal</p>
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Victims of Crime

VICTIMS OF CRIME HELPLINE

PH: 1800 819 817

www.victimsofcrime.vic.gov.au



CHILD PROTECTION

Eastern Victoria:

PH: 1300 360 391 (9am to 5pm)

After Hours:

PH: 13 12 78

<https://services.dhhs.vic.gov.au/child-protection-contacts>