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| **BUSINESS NAME:** | **SOME HANDY INFO TO CONSIDER:** |
| **BARWON HEALTH MENTAL HEALTH DRUGS & ALCOHOL SERVICES** | Information assessment and referral- Specialist mental health services aimed at serious mental health illness or disability. Information, Assessment and Referral 24 hours per day 7 days per week for the Geelong/ Barwon Region  Ph: 1300 094 187[[1]](#footnote-1) |
| **HEADSPACE** | Mental Health foundation that supports young people aged 12-25 years who are going through tough times, with information and resource, drop in centres, counselling and online and phone supports ph: 1800 650 890  Website: www.headspace.org.au |
| **BEYOND BLUE and**  **YOUTH BEYOND BLUE** | Beyond Blue provides free online and telephone helplines for people experiencing depression, anxiety and or other mental health issues. By calling 1300 226 636 you can talk to trained mental health professionals who can give you support and Advice  Ph.: 1300 226 636 |
| **SANE AUSTRALIA** | Sane is a national organisation, which helps all Australians affected by mental illness to lead a better life- through support, training and education.  ph: 1800 187 263, www.sane.org |
| **LIFELINE** | Is an anonymous and confidential 24-hour crisis support line. You can call Lifeline to discuss all types of personal difficulties, including thoughts of suicide, Lifeline provides supports by phone, via online chat or face to face.  ph: 13 11 14 |
| **MIND AUSTRALIA** | A non-government organisation supporting people with mental health issues through a comprehensive range of services.  [www.mindaustralia.org.au](http://www.mindaustralia.org.au) |
| **SWITCHBOARD** | Switchboard Victoria is a community –based not for profit organisation that provides a peer based, volunteer run support service for LGBTQI (Lesbian, gay, bisexual, transgender, queer and intersex) people and their friends, families and allies.  Switchboard offer, Phone and counselling referral services, suicide prevention, W/respect addressing family violence in LGBTIQA+ families  [www.switchboard.org.au](http://www.switchboard.org.au) 1800 184 527 3pm-12am 7 days per week |
| **DARU**  **Disability Advocacy Resource Centre** | DARU is a unique Australian resource dedicated to work with disability and advocacy organisations to promote and protect the rights of people with a disability. They provide resources and training opportunities to keep disability advocates informed and up-to-date about issues affecting people with a disability in Victoria.  website: [www.daru.org.au](http://www.daru.org.au) |
| **MensLine** | MensLine Australia is the national telephone and online support, information and referral service for men with family and relationship concerns. The service is available from anywhere in Australia and is staffed by professional counsellors, experienced in men’s issues.  [Free help, support, referrals & counselling for men: MensLine Australia](https://mensline.org.au/) |
| **Black Dog Institute** | The Black Dog Institute is a not-for-profit facility for diagnosis, treatment and prevention of mood disorders such as depression, anxiety and bipolar disorder.  [Black Dog Institute | Science. Compassion. Action.](https://www.blackdoginstitute.org.au/) |
| **MindSpot** | MindSpot provides free online mental health services to adults across the country. Psychological assessments and clinically proven treatments are included in their services.  [MindSpot Clinic - Free Online Mental Health Support](https://www.mindspot.org.au/) |
| **1800Respect** | We know that talking about sexual, domestic and family violence can be hard. When you contact 1800RESPECT, you will talk to a trained counsellor who will listen and support you in what feels right for you and your situation.  [Home | 1800RESPECT](https://www.1800respect.org.au/)  Ph:1800 737 732 |

**SANE guide to Healthy Living – some things to be doing that are good for you**

* East fresh fruit and vegetables
* Go for a Walk
* Have 7-9 hours of sleep a night
* Eat breakfast
* Drink 2-8 glasses of water a day
* Take medication as prescribed by your doctor
* Make a meal instead of buying take away
* Smile, say hello, or have a chat with someone
* Boil or bake food instead of frying it
* Keep appointments with your GP, psychologist or other supports.

1. **For Emergencies please call:**

   **Police 000**

   **Ambulance 000**

   **Lifeline 13 11 14** [↑](#footnote-ref-1)