

# Keeping mentally well

*If you live in the Macedon Ranges Shire these services can help.*



## 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 are feeling



Do something you enjoy or try something new



Take a break from screens – try getting out in 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/ counselling. Available 24/7



Ask your school who is the well-being person/team for students to talk to



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



Talk to a local counsellor/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 Mental health triage for hospital support (Enhanced Crisis Assessment Team) **1300 363 788**



Ring Lifeline **13 11 14**  
Available 24/7



Ring **000** for emergency transport to hospital



## 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 need help

**\* See reverse for services and resources available for Macedon Ranges Shire residents**



## Support from your GP

Your local GP can work with you to:

- Develop strategies to improve and maintain your mental health
- Refer to a mental health expert, like a psychologist
- Develop a mental health care plan

**Young people** can access a GP and Nurse through the Youth Clinic:

Macedon Ranges Health: 5428 0300



## 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)



## Peer support

- **If bereaved by suicide**  
Macedon Ranges Suicide Prevention Action Group (MRSPAG): [www.mrspag.com.au](http://www.mrspag.com.au)
- **Support and information for family members and carers of individuals living with a mental illness**  
PS My Family Matters:  
0475 269 965



## Local counsellors/ psychologists

- **Youth Counselling**  
Sunbury & Cobaw Community Health: 5421 1666
- **Outreach Service for people 12-25 years experiencing mental health issues**  
Enrich Youth Program – Sunbury & Cobaw Community Health: 9744 4455
- **Clinical Care Coordination & Counselling**  
Sunbury & Cobaw Community Health: 5421 1666
- **Alcohol and Other Drugs, Family Violence & Life Issues Counselling**  
Sunbury & Cobaw Community Health: 5421 1666
- **Psychology and Counselling services**  
Macedon Ranges Health: 5428 0300  
Private providers: search online or ask your GP for a referral
- **People bereaved or impacted by suicide**  
Jesuits Social Services: 9421 7640  
Standby Murray – Support After Suicide: 0439 173 310



## Helping others

- **How to start a conversation with someone you are worried about**  
RUOK: [www.ruok.org.au](http://www.ruok.org.au)  
Conversations Matter:  
[www.conversationsmatter.com.au](http://www.conversationsmatter.com.au)
- **Supporting someone with mental illness**  
Mental Health First Aid Training: [www.mhfa.com.au](http://www.mhfa.com.au)  
(standard, youth, teen, older person, Aboriginal)
- **Supporting someone who might be thinking of suicide**  
safeTALK training: [www.MRSPAG.com.au](http://www.MRSPAG.com.au)  
START (online training): [www.livingworks.com.au](http://www.livingworks.com.au)



## 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 and their families and friends.**  
eHeadspace: [www.headspace.org.au/eheadspace/](http://www.headspace.org.au/eheadspace/)
- **Counselling for men with emotional health and relationship concerns**  
MensLine Australia: 1300 789 978
- **LGBTIQ+ peer support and referral (3pm to Midnight)**  
Switchboard: 1800 184 527
- **Professional phone and online counselling if you or someone you know is feeling suicidal**  
Suicide Call Back Service: 1300 659 467
- **Social & emotional support 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

