

Mental Health & Wellbeing Pyramid

24/7 Service

Ambulance/Police 000

Suicide Line 1300 651 251

Mensline 1300 789 978

Lifeline 131114

Grampians Psychiatric Services Crisis Line 1300 661 323

Women's Domestic Violence Crisis Service of Victoria 1800 015 188

Kids Helpline 1800 551 800

Mental Health Advice Line 1300 280 737

Crisis

Suicide call back service 10am to 8.30pm 7 days per week 1300 659 467

Police 000

Aboriginal Family Violence Prevention & Legal Service Victoria 03 9244 3333

Parentline 8am to 10pm 7 days per week 1300 301 300

Horsham Police 03 5382 9200

Medical Assistance

Grampians Psychiatric Services Crisis Line 1300 661 323

Wimmera Health Care Group (Hospital) 03 5381 9111

GP Clinics (Horsham)

Lister House Clinic 03 5382 0011

Mynara Medical Clinic 03 5381 1641

Grampians Psychiatric Services 03 5362 1300

Nurse on Call 1300 606 024

Roberts Avenue 03 5382 1011

Tristar 03 5382 3400

Affected by Mental Illness

Mental Health Advice Line (Victoria) 1300 280 737

SANE - 9 to 5 weekdays plus Helpline Online 1800 187 263

GROW 1800 558 268

Relationships Australia 1300 364 277 and Ballarat - 03 5331 1383

BeyondBlue 1300 224 636

Information & Counselling

Wimmera Counsellors Directory www.wimmerapcp.org.au

Women's Health Grampians 03 5362 1400

Rural Community Counselling (WUC) 1800 112 177

Women's Information & Referral Exchange (WIRE) 1300 134 130

Men's Referral Service 1800 065 973 or 03 9428 2899

Kids Help Line 1800 551 800

Grampians Community Health (Horsham) 03 5362 1400

Seniors Rights Victoria (SRV) 1300 368 821

Gay & Lesbian Switchboard 1800 631 493 or 03 9827 8544

Centre Against Sexual Assault (24/7) 03 5381 9272 and 1800 806 292

The Aboriginal Family Violence Prevention & Legal Service 1800 105 303

Maintaining and Retaining Health and Wellbeing

Social support and social connecting programs and activities for example:

- Film society
- Ethnic specific groups
- Aquatic centres ie warm water exercise groups
- Gymnastic centres
- Service Clubs
- Your local library
- Book club
- Sports groups ie croquet, bowls etc.
- Craft & hobby groups
- Planned activity groups
- Gardening group
- Elderly citizens
- Country Women's Association
- Walking group
- Therapeutic massage
- U3A
- Adult learning groups
- Neighbourhood house activities & groups
- Men's Sheds

Seniors Rights Victoria (SRV)

A free and confidential Victorian telephone and advisory service which aims to help prevent elder abuse and safeguard the rights, dignity and independence of senior Victorians. Provides a telephone helpline for information and referral; advocacy and support; legal advice and community and professional education.

Contact: 1300 368 821 - www.seniorsrights.org.au
Monday to Friday - 10am to 5pm

Women with Disabilities Australia (WWDA)

An organisation for women with all types of disabilities. WWDA produces an Online Information and Referral Directory to help women with disabilities to find services and organisations that are available to assist them.

Contact: (03) 6244 8288 - www.wwda.org.au
Monday to Friday - 8.30am to 4.30pm

Women's Information and Referral Exchange (WIRE)

Provides free information, support and referrals to women across Victoria.

Contact: 1300 134 130 - www.wire.org.au
Monday to Friday - 9am to 5pm

Women's Domestic Violence Crisis Service of Victoria

24 hour a day, 7 days a week, state-wide Domestic/Family Violence Crisis Service. Offering Crisis telephone support, information about options and developing a safety plan, referral to safe accommodation (refuge) for women experiencing abuse in their relationships.

Contact: 1800 015 188 - www.wdvcs.org.au

Gay and Lesbian Switchboard

Telephone counseling for lesbians and gay men, referral, face to face counseling and other services.

Contact: 1800 631 493 or (03) 9827 8544

Rural/Regional Domestic Violence Outreach Services Victoria

Contact: Grampians Community Health on (03) 5362 1200

Action Centre

General sexual assault counseling, referrals and medical services for young people.

Contact: 1800 013 952 or (03) 9654 4766

Centre Against Sexual Assault (CASA)

Crisis support, counseling, information for people who have been sexually assaulted as adults or as children. Phone for immediate support or visit the website to find your local CASA.

Contact: 1800 806 292 - www.casa.org.au

Women's Legal Service Victoria

Legal service for women, specialising in relationship breakdown and violence against women. WLSV provides face to face legal services, including court representation, telephone legal advice and referral, legal education, law reform activities on issues affecting women and their legal rights.

Contact: 1800 133 302 or (03) 9642 0877 - www.womenslegal.org.au

Monday to Friday - 9am to 5pm

Legal advice line: Monday 10am to 1pm, Tuesday and Thursday 6.30pm to 8.30pm and Wednesday 2pm to 5pm.

Men's Referral Service

An anonymous and confidential telephone service provided for men by men, as a central point of contact for men who are wanting to stop their violence or abusive behaviour towards their family members, but are not sure how or where to go for advice. Women may call the Men's Referral Service to seek information and help for their male partner, husband, relative or friend.

Contact: 1800 065 973 or (03) 9428 2899 - www.mrs.org.au

Monday to Friday - 9am to 9pm

Indigenous Family Violence Support Officers

For phone referrals to specific regional Indigenous family violence support officers.

Contact: (03) 9616 8028

Janet Muir - Statewide Coordinator, Indigenous Family Violence Strategy, Department of Human Services

The Aboriginal Family Violence Prevention and Legal Service Victoria (FVPLS)

Provides assistance to victims of family violence and sexual assault and works with families and communities affected by violence.

Contact: 1800 105 303 or (03) 9244 3333 - www.fvpls.org

Mental Health Advice Line (Victoria)

A telephone information service available to Victorians of all ages and from all backgrounds, seeking mental health information, advice and referral for themselves or another person.

Contact: 1300 280 737 -

www.health.vic.gov.au/mentalhealth