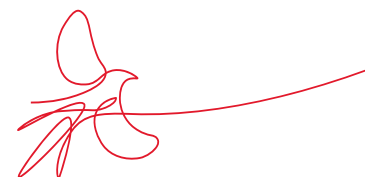


HELPFUL RESOURCES

Below you will find helpful contact details of organisations that can help you or family members with mental health support, from emergencies to ongoing help with online resources, information and counselling.



Emergency

If you or a loved one is in danger or is seriously harmed, call triple zero (000) for emergency services.

Suicide risk

If you are not in an emergency situation, but there is a risk of suicide, contact a service that offers crisis support and counselling over the phone or online:

Organisation	Contact	Details
Lifeline	13 11 14 www.lifeline.org.au	Free, 24-hour Australia-wide crisis support and suicide prevention service.
SuicideLine Victoria	1300 651 251 www.suicideline.org.au	Free 24/7 telehealth service that offers phone and online counselling for people living in Victoria.
Suicide Call Back Service	1300 659 467 www.suicidecallbackservice.org.au	Free 24/7 Australia-wide phone and online counselling for those affected by suicide.

Mental health and other support services

Whether you need assistance or information about mental illness or other issues such as relationship problems, domestic violence or drug/alcohol issues, there are a range of organisations that can help:

Organisation	Contact	Details
1800RESPECT	1800 737 732 1800respect.org.au	National domestic, family and sexual violence service offering information, counselling and support 24/7.
Beyond Blue	1300 224 636 www.beyondblue.org.au	Telephone support and online information and resources for people dealing with depression or anxiety.
Black Dog Institute	www.blackdoginstitute.org.au	The resources and support section of their website provides fact sheets, support groups and digital tools and apps for various mental health issues.
Carers Australia	1800 422 737 www.carersaustralia.com.au	The voice for carers across Australia – they provide support and information for carers of the elderly and disabled.
DirectLine	1800 888 236 www.directline.org.au	24/7 phone counselling and information, support and referral services for those affected by alcohol and drugs.

Mensline Australia	1300 789 978 www.mensline.org.au	Offers free 24/7 phone and online counselling support for men with concerns about mental health, anger management, family violence (using and experiencing), addiction, relationship, stress and wellbeing.
MindSpot	www.mindspot.org.au	MindSpot supports Australian adults experiencing stress, anxiety, depression, OCD, PTSD, and chronic pain with online services including an assessment tool. They can provide optional access to qualified therapists.
Open Arms	1800 011 046 www.openarms.gov.au	Mental health support for navy, army and airforce personnel, veterans and their families.
Poisons Information Centre	131 126	Call this number if you or a loved one has taken an overdose, made an error with medicine or been poisoned. Open 24/7.
Relationships Australia	1300 364 277 www.relationships.org.au	A leading provider of relationship support services for individuals, families and communities.
SANE Australia	1800 187 263 www.sane.org	Support, information and resources for people with recurring, persistent or complex mental health issues and trauma, and for their families, friends and communities.

Help for children and teenagers

It is not unusual for children or teenagers to experience bouts of depression and anxiety, while others may have problems with bullying, peer pressure or drugs and alcohol. Below are some organisations that offer tailored support for children and teenagers. *If there is a risk of suicide please refer to the contact numbers on the first page.*

Organisation	Contact	Details
Beyond Blue	1300 224 636 www.beyondblue.org.au	Beyond Blue has an 'issues for young people' section on their website with helpful links and contacts to organisations specifically for young people with mental health issues.
headspace	www.headspace.org.au	headspace helps young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support. There are support centres across Australia, along with online and phone counselling services for those who have a headspace account.
Kids helpline	1800 551 800 www.kidshelpline.com.au	Free confidential 24/7 online and phone counselling service for people aged 5-25.
ReachOut	www.au.reachout.com	ReachOut is 100% online, anonymous and confidential, and lets young people connect on their terms. From one-to-one peer support and moderated online communities, to tips, stories and resources.
Young Carers Network	1800 422 737 www.youngcarersnetwork.com.au	Provides information, and directs young carers to appropriate pathways for support. They enable young carers to engage with each other through a range of opportunities to share and connect.

Help for parents

As your children get older and move from one stage of life to the next, it can sometimes be hard to know what a mental health problem is and what is just a normal stage of development. If you are worried that your child may be struggling with a mental illness, it is important that you talk to a healthcare professional about your concerns. There are also helpful supports for parents listed below:

Organisation	Contact	Details
Maternal and Child Health Line	13 22 29	Confidential, 24/7 phone service for information and advice about the care and health of your child (from birth to school age).
Parentline	13 22 89	Phone counselling service for Victorian parents and carers of children up to 18 years of age. The service is available from 8 am to midnight, seven days a week.
Raising Children Network	www.raisingchildren.net.au	Provides parenting videos, articles and interactive resources, funded by the Australian Government and reviewed by experts.

Other helpful links

- **Victorian Department of Health – mental health services for children and adolescents** – www.health.vic.gov.au
- **Association for Children with a Disability** – www.acd.org.au
- **Australian Psychological Society** – psychology.org.au (search for a psychologist in your area)

Help for women

Below you will find organisations that provide assistance specifically to women:

Organisation	Contact	Details
1800RESPECT	1800 737 732 1800respect.org.au	National domestic, family and sexual violence service offering information, counselling and support 24/7.
Safe + Equal	1800 007 339 www.safeandequal.org.au	Safe and Equal is the peak body for specialist family violence services that provide support to victim survivors in Victoria. They do not provide online counselling, however they have a wealth of resources and you can search their directory of specialist family violence services in Victoria.
Safe Steps	1800 015 188 www.safesteps.org.au	Provides specialist support services for anyone in Victoria who is experiencing or afraid of family violence. Phone line open 24/7. Web chat available Monday to Friday 9 am to midnight.
Sexual Assault Crisis Line (SACL)	1800 806 292 www.sacl.com.au	The SACL is a Victorian after-hours, confidential, telephone crisis counselling service for people who have experienced both past and recent sexual assault. SACL operates between 5pm weeknights through to 9am the next day and throughout weekends and public holidays.

Wire	1300 134 130 www.wire.org.au	Free support, referrals & information on any issue for women, non-binary & gender diverse people in Victoria. They can assist with issues including family violence, financial abuse, housing and more.
Women's Legal Service Victoria	1800 133 302 www.womenslegal.org.au	Providing women experiencing relationship breakdown and family violence free legal advice and representation with their family law, family violence, child protection, victims of crime and migration law matters.

Mental health counselling and therapy

Anyone who is struggling with a mental health issue or life concern can seek counselling. Depression, relationship breakdown, grief and anxiety can all be assisted with counselling. If you think you could benefit from talking to a mental health professional, you can:

- Access a Cabrini psychologist for private sessions – see HER Therapy below
- Ask your doctor for a recommendation/referral to a psychiatrist or psychologist
- Contact your local community health centre
- Search for a psychologist in your area who is a member of the [Australian Psychological Society](#)
- Find a psychologist, psychotherapist or counsellor in your area using the [Good Therapy directory](#)
- Search for a therapist on the [Australian Register of Counsellors and Psychotherapists](#)

HER Therapy

To address the growing need for psychological support, Cabrini offers HER Therapy – individual private psychology sessions at 494 Glen Huntly Rd, Elsternwick.

Our experienced and professional clinical psychologists can support you through life's challenges, including burnout, stress, anxiety, trauma, family and relationship issues.

For further information or appointments, please call (03) 9508 5100.

Financial assistance

You can claim counselling fees through Medicare if you were referred to the counsellor by your doctor. A mental health treatment plan lets you claim up to 10 sessions with a mental health professional each calendar year. To start with, your doctor will refer you for up to six sessions; if you need more, they can refer you for further sessions.

If you have private health insurance, you may be able to get a rebate for therapy sessions, depending on your policy. Contact your health insurance provider for more information.



Lisa Thurin Women's Health Centre
Cabrini Elsternwick
2-6 Hopetoun Street, Elsternwick VIC 3185

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