

Mental Health and Wellbeing

Over the last year an increasing number of people are reporting feeling worried, fearful, anxious or uncertain. These feelings are often normal responses to stressful situations such as the COVID-19 pandemic and usually get better over time.

But sometimes negative feelings can get a bit too much or go on for longer than they should, so it's good to be aware of these signs and symptoms in yourself and those close to you.

EARLY SIGNS

Feeling:

- overwhelmed
- sad or moody
- tired
- fearful or worried about the safety of yourself or others

Symptoms:

- Having vivid or distressing dreams
- Being unusually irritable or angry and/or restless and fidgety
- Working too much or too little

WHEN TO REACH OUT FOR HELP?

When these signs, feelings, thoughts or behaviours have gone on for more than two weeks and are beginning to impact your day-to-day life. These might include:

- Loss of interest in activities that are normally enjoyed
- Avoiding others such as withdrawing from social networks, work or family
- Behaving out of character
- Feeling overwhelmed by tasks that would normally be done easily
- Being unable to concentrate
- Having increased concern for physical health issues including for the physical health of babies if a new parent

- Regularly feeling sick and run down
- Experiencing changes in sleep patterns, sleeping too much or too little
- Changes in appetite (losing or gaining weight)
- Increasing use of alcohol, cigarettes and/or drugs

If this sounds like you or someone close to you then it's time to get in touch with someone who can help. There are many ways to do this, and you can see some of the options available below.

Whatever option you choose, just remember that there is no shame in asking for help to support your mental health. One in five Australians will need this support at some time in their lives. You are not alone, and with help you or someone you love will feel better.

Where to get help

VISIT YOUR GENERAL PRACTITIONER

GPs can support people to maintain health and wellbeing and identify the early signs of mental illness. With a mental health treatment plan, your GP can refer you to up to 10 Medicare rebated allied health mental health services per calendar year. They can also link you in with other services that may help you or your loved one.

TALK IT OUT

Free phone and online counselling 24/7 to anyone 15 years and older. 1300 022 946 or talkitoutmurray.org.au

HEADTOHELP

No cost. Available to anyone. 1800 595 212 headtohelp.org.au Sunraysia Community Health Services 37 13th Street, Mildura (walk-in between 10am and 2pm weekdays). mentalhealthhubs@schs.com.au

HEADSPACE MILDURA

For people aged 12-25 years. Drop in or call to make an appointment 2/125 Pine Avenue, Mildura 03 5021 2400 headspace.org.au/headspace-centres/mildura/

SUNRAYSIA COMMUNITY HEALTH SERVICES

Mental health issues, including

anxiety, depression, grief and loss and life changes – emotions, self-esteem, communication, addiction and relapse, Trauma, torture and abuse, including for refugees and new arrivals, parenting, pain and a GP service. 137 Thirteenth Street (cnr Deakin Ave) Mildura 03 5022 5444 or schs.com.au

NSW HEALTH

Far West Mental Health Drug and Alcohol Service provides services and programs for people living in Wentworth, and surrounding areas (Dareton, Buronga, Gol Gol, Euston) – from a hub based in Broken Hill. Dareton Primary Health Centre 42-44 Tapio Street, Dareton NSW 03 50217200 fwlhd.health.nsw.gov.au

be kind



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ROBINVALE DISTRICT HEALTH SERVICES

Counselling and social work services. The Mental Health Drop-in Clinic is a free, confidential service offered to the whole of our community. No appointments are necessary. Health and Wellbeing Centre 128-132 Latje Road, Robinvale 03 50518160 or rdhs.com.au

MALLEE DISTRICT ABORIGINAL SERVICES

Social and emotional wellbeing hub: referrals to psychological counselling, including children and young people, couples and family groups who are experiencing depression, anxiety, stress, drug and alcohol issues, or wanting to improve their overall emotional wellbeing. 120 Madden Avenue, Mildura 03 5018 4100 77 Perrin Street, Robinvale 03 4013 2000 or mdas.org.au

CATHOLIC CARE

Psychological wellbeing service helping with recovery from common mental health problems 136 Lime Avenue, Mildura 03 5051 0000 enquiries@centacaremildura.org.au

COOMEALLA HEALTH ABORIGINAL CORP

Social emotional wellbeing support, suicide prevention education and support (Kumpa Kiira Suicide Prevention Project). 51 Sturt Place, Dareton NSW 03 5027 4824 or chacams.org

MURRAY VALLEY ABORIGINAL CO-OPERATIVE

Offers a range of primary care services to the Aboriginal and Torres Strait Islander community of Robinvale, including general practice, social and emotional wellbeing, drug and alcohol counselling. 87 Latje Road, Robinvale 03 5026 3353 or mvac.org.au

STANDBY MURRAY

Ongoing support for individuals, families, groups, workplaces or communities bereaved or impacted by suicide. 0439 173 310 or standbysupport.com.au

MALLEE FAMILY CARE

The Community Mental Health Recovery Service supports people experiencing mental health issues. It's designed to give practical assistance during recovery with support tailored to individual needs and circumstances. Anyone can make a referral to this service such as yourself or your doctor. 122 Ninth Street, Mildura 03 5023 5966 mentalhealth@malleefamilycare.com.au

Online & Phone Support

There are many services that offer free and confidential support both online and over the phone, including:

BEYOND BLUE

Provides 24/7 mental health support. 1300 224 636 or beyondblue.org.au

EHEADSPACE

Young people 12-25 and their family can chat with a qualified youth mental health professional. 1800 650 890 headspace.org.au/eheadspace

KIDS HELPLINE

Young people aged 5-25 years can access 24/7 support with resources for parents. 1800 551 800 KidsHelpLine.com.au

PANDA

Supports women, men and families across Australia affected by anxiety and depression during pregnancy and in the first year of parenthood. 1300 726 306 or panda.org.au

DIRECTLINE

Alcohol and drug counselling and referral. 1800 888 236 or directline.org.au

MENSLINE

Specialists in family and relationship issues (including relationship breakdown, separation and divorce), parenting, family violence, suicide prevention and emotional wellbeing. 1300 789 978 or mensLine.org.au

1800 RESPECT

Counselling and support for people impacted by sexual assault, domestic or family violence and abuse. 1800 737 732 or 1800respect.org.au

QLIFE

LGBTIQA+ peer support and referral. 1800 184 527 or qlife.org.au

This is a collaboration of the COVID-19 Mental Health Recovery Group



Mildura Rural City Council



SCHS
Sunraysia Community
Health Services



MDAS
MALLEE DISTRICT ABORIGINAL SERVICES



MURRAY
An Australian Government Initiative



CatholicCare
VICTORIA

MILDURA
BASE PUBLIC
HOSPITAL

For more information visit: www.mildura.vic.gov.au/COVID-19