

# Mental Health and Wellbeing Support in the Mallee Track Region

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.

## 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](http://beyondblue.org.au)

### EHEADSPACE

Support from a health professional for people 12-25 years and their family 1800 650 890 [headspace.org.au/eheadspace](http://headspace.org.au/eheadspace)

### KIDS HELPLINE

People aged 5-25 years can access 24/7 support with resources for parents. 1800 551 800 [KidsHelpLine.com.au](http://KidsHelpLine.com.au)

### PANDA

Support for anxiety and depression during pregnancy and in the first year of parenthood. 1300 726 306 or [panda.org.au](http://panda.org.au)

### DIRECTLINE

Alcohol and drug counselling and referral. 1800 888 236 or [directline.org.au](http://directline.org.au)

### MENSLINE

Specialists in family and relationship issues, parenting, family violence, suicide prevention and emotional wellbeing. 1300 789 978 or [mensLine.org.au](http://mensLine.org.au)

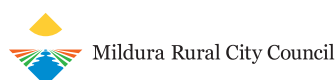
### 1800 RESPECT

Counselling and support for people impacted by abuse, sexual assault, domestic and family violence. 1800 737 732 or [1800respect.org.au](http://1800respect.org.au)

### QLIFE

LGBTIQA+ peer support and referral. 1800 184 527 or [qlife.org.au](http://qlife.org.au)

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



For more information visit: [www.mildura.vic.gov.au/COVID-19](http://www.mildura.vic.gov.au/COVID-19)

# Where to get help along the Mallee Track

## 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 for 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.

## TRIPLE ZERO

For emergencies where people are endangering themselves or others.

**Phone 000**

## MALLEE TRACK HEALTH AND COMMUNITY SERVICES

Not funded for mental health services but provide a range of allied health, social support and community nursing supports. For urgent medical care visit: Urgent Care Centre at the Mallee Track Health and Community Service  
28 Britt Street, Ouyen  
03 5092 1111

## MILDURA BASE PUBLIC HOSPITAL

Provide mental health services including acute mental health community intervention, clinical mental health services and case management, in-patient and prevention and recovery residential services. Visits Mallee Track towns for appointments.  
216 Ontario Ave, Mildura  
03 5022 3500

## SUNRAYSIA COMMUNITY HEALTH SERVICES

Mental health issues including: anxiety, depression, grief and loss, alcohol and other drug (AOD) addiction and relapse.

## HEAD TO HELP HUB AT SUNRAYSIA COMMUNITY HEALTH SERVICES

No cost. Available to anyone.  
137 Thirteenth Street, Mildura  
Self-refer by calling 1800 595 212  
[www.headtohelp.org.au](http://www.headtohelp.org.au)  
Face-to-face appointments in the Mallee Track area available if requested.

## TALK IT OUT

Free phone and online counselling 24/7 to anyone 15 years and older.  
1300 022 946  
[www.talkitoutmurray.org.au](http://www.talkitoutmurray.org.au)

## HEADSPACE MILDURA

Provides early intervention mental health services to 12-25 year olds. headspace helps young people with mental health, physical health (including sexual health), alcohol and other drug services and work and study support. Visits are free, or of low cost, and confidential.  
2/125 Pine Avenue, Mildura  
03 5021 2400  
[my.headspace@headspacemildura.com.au](mailto:my.headspace@headspacemildura.com.au)  
[www.headspace.org.au/headspace-centres/mildura](http://www.headspace.org.au/headspace-centres/mildura)  
Telehealth appointments available

## CATHOLIC CARE VICTORIA

Counselling services, early intervention for children and youth at risk of mental illness and psychological therapies for common mental health problems.  
136 Lime Avenue, Mildura  
03 5051 0000  
[enquiries@centacaremildura.org.au](mailto:enquiries@centacaremildura.org.au)  
Visits Ouyen for appointments

## 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](mailto:mentalhealth@malleefamilycare.com.au)  
Face-to-face appointments in the Mallee Track area are available.

## VICTORIA POLICE

For crisis support or local mental health police support contact:  
**Ouyen Station**  
19 Pickering Street, Ouyen  
Sergeant Peter McNair 0417 282 588  
or 03 5092 2502  
**Murrayville Station**  
13 Reed Street  
Leading Senior Constable  
Ross Huxtable  
5095 2170

## STAND BY MURRAY

Ongoing support for individuals, families, groups, workplaces or communities bereaved or impacted by suicide.  
0439 173 310  
[www.standbysupport.com](http://www.standbysupport.com)

## MALLEE BORDER HEALTH

Nurse Practitioner. Mental health support, care plans, face-to-face counselling and telehealth services available.  
Di Thornton  
29 Hensley Street Pinnaroo SA 5304  
32 Gray St Murrayville 3512  
30 Monash Ave Underbool 5309  
08 8577 8065  
[di@malleeborderhealth.com.au](mailto:di@malleeborderhealth.com.au)  
[www.malleeborderhealth.com.au](http://www.malleeborderhealth.com.au)

## PINNAROO HOSPITAL

Provides acute mental health community intervention, clinical mental health services and case management.  
Bunday Terrace Pinnaroo SA  
08 8577 9222

## COUNTRY HEALTH CONNECT

Social Worker service available in Pinnaroo monthly  
Face-to-face appointments available in Pinnaroo or via Telehealth  
08 8580 2500  
Visiting Mental Health service from Murray Bridge also available.  
08 8535 6800  
Or alternatively for referrals call Cheryl on 0481 913 025

## RIVERLAND MALLEE COORONG LOCAL HEALTH NETWORK

Access to mental health services is via the Emergency Triage and Liaison Service helpline where consumers will have access to senior mental health clinicians. 24/7 service.  
131 465

## COMMUNITY MENTAL HEALTH TEAM

Provides services for consumers with severe and enduring mental health problems.  
Referrals via GP.  
Berri Campus, Cornwall Street,  
Berri SA  
08 8580 2500

## RURAL AND REMOTE MENTAL HEALTH – SOUTH AUSTRALIAN GOVERNMENT

Emergency Country Health Line. Emergency and crisis support telephone service. Brief intervention counselling, triage and liaison. Available 24/7.  
08 7087 1661