

Free native timber industry mental health support in Corryong

If you or anyone you know is experiencing:

Actions endangering self or others

Actions can include:

- Suicide attempt / attempt to harm others.
- Overdose.
- Violent aggression / possession of weapon.

Emergency Services: 000

Speak with a counsellor:

- Lifeline: **13 11 14**
- Suicide Call Back Service: **1300 659 467**

Severe symptoms of mental distress that significantly impacts daily functions

Symptoms can include:

- High to moderate risk of suicide or harm to others.
- High risk behaviours related to distressing/unusual thoughts or difficulties controlling impulses.
- Unable to care for self or perform activities of daily living.

Mental Health Triage Service – Albury Wodonga Health: 1300 104 211

Speak with a counsellor:

- Lifeline: **13 11 14**
- Suicide Call Back Service: **1300 659 467**
- MensLine Australia: **1300 78 99 78**

Low to moderate mental health support needs

Presentations can include:

- Low risk of suicide or harm to others.
- Mild to moderate depressive thoughts or anxiety.
- Needs advice or opportunity to talk.
- Needs coping strategies to manage mental health and well being and adjusting to change.

Head to Health: 1800 595 212

- Corryong Health: **(02) 6076 3200**
- Gateway Health: **(02) 6022 8888**
- Wellways: **1300 111 500**

Speak with a counsellor:

- Beyond Blue: **1300 22 4636**

Available for native timber business owners, workers and their families.

For more information or support call the Victorian Forestry Plan team on 1800 318 182.

Corryong Mental Health and Wellbeing Support Services

Lifeline

Call: **13 11 14**
Text: **0477 13 11 14**
www.lifeline.org.au

24 hour crisis support and suicide prevention service for all Australians experiencing emotional distress.



Call: **1300 659 467**
www.suicidecallbackservice.org.au

A nationwide service providing 24/7 telephone or online counselling to people struggling with situations in their life, from feeling low or stressed to more complex issues of suicidal thoughts.



Call: **1300 78 99 78**
www.mensline.org.au

Offer free professional 24/7 telephone or online counselling for men with concerns about mental health, anger management, family violence, addiction, relationship, stress and wellbeing.



Call: **1300 22 46 36**
www.beyondblue.org.au

24 hour telephone and online counselling whether you are having a bad day, feeling overwhelmed, experiencing anxiety or depression. Will help you to find the right service for extra support.

Head to Health

Call: **1800 595 212**
headtohealthvic.org.au

Take the first step towards finding the mental health and wellbeing support that's best for you. The service will give you advice, and connect you to the best support service. *8:30am – 5:00pm Mon – Fri (except public holidays)*



someone.health

Online bulk billing Psychologists available for online or phone counselling 7 days a week. Will support you to get a GP mental health care plan if you do not have one. Access 20 free appointments every year with no out-of-pocket costs.

Corryong Health

Call: **(02) 6076 3200**
www.corryonghealth.org.au

Mental Health is a state of coping, feeling good and being in control of life. If start to feel frayed around the edges, emotionally flat or uninterested in the world around you, contact the Mental Health worker.

Gateway Health

Call: **(02) 6022 8888**
gatewayhealth.org.au

The service provides various Mental Health programs, including general counselling, alcohol and drug counselling, gambler's help and family and relationships counselling.



Call **1300 111 500**
www.wellways.org

A free, confidential, and non-judgmental service providing mental health information, wellbeing support and referral advice for anyone seeking support, their carers or family members.



Authorised by the Department of Jobs, Precincts and Regions

P: 1800 318 182
E: victorianforestryplan@djpr.vic.gov.au
W: djpr.vic.gov.au/forestry