

Free native timber industry mental health support in East Gippsland

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 – Latrobe Regional Health: 1300 363 322

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

- Gippsland Lakes Complete Health: **(03) 5155 8300**
- Orbost Regional Health: **(03) 5154 6623**
- Royal Flying Doctors: **(03) 8412 0480**

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.

East Gippsland Mental Health & 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.



Call: **(03) 5155 8300**
glch.org.au

Offer generalist counselling in grief, depression, anxiety, family and relationship issues or any other issues you would like to discuss. Additional services include family violence counselling, alcohol and other drug counselling services.

Orbost Regional Health

Call: **(03) 5154 6623**
www.orbostregionalhealth.com.au/

The counselling unit provides services including supporting people experiencing depression or anxiety, drug and alcohol dependency, gambling or family violence. Outreach services regularly provide to outlying communities.

Royal Flying Doctor Service

Call: **(03) 8412 0480**
www.flyingdoctor.org.au/vic/

Flying Doctor Wellbeing offers free mental health and wellbeing services for people to talk through their concerns, offering expert advice, strategies and referral for specialised support if needed.



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