

Free native timber industry mental health support in the Yarra Ranges

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 Eastern Health: 1300 721 927

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

- Yarra Valley Community Health – Eastern Health: **1300 130 381**
- Inspiro: **(03) 9028 0153**
- Partners in Wellbeing: **1300 375 330**

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.

Yarra Ranges 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 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.



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 130 381 (option 4)**
www.easternhealth.org.au

The counselling service offers face-to-face, telephone and telehealth counselling for individuals across a range of issues. Offer up to 12 free appointments for those on low and medium income.

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: **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.

Partners in Wellbeing

Call: **1300 375 330**
www.partnersinwellbeing.org.au

Work with a Wellbeing Coach to explore what is causing your stress or anxiety and help you gain clarity on your thoughts, feelings and experiences. Through coaching and practical advice, you to find strategies to manage stress, anxiety and improve your wellbeing and resilience.



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