

Free native timber industry mental health support in Wellington Shire

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.

For support and advice:

- Head to Health: **1800 595 212**
- 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 Forestry Transition Program Hotline on 1800 318 182.

Wellington Shire Mental Health and Wellbeing Support Services

Partners in Wellbeing

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

Free support and advice to improve your mental health and wellbeing. Available from 9am–10pm weekdays and 9am–5pm on the weekends.



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: **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.

HEAD TO HEALTH

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

Location: Inglis Medical Centre, 12 Inglis St, Sale
8:30am–5:00pm Mon–Fri (except public holidays)
Take the first step towards finding the mental health and wellbeing support that's best for you. Head to Health will give you advice and connect you to the best support for your needs.



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 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.