

SUICIDE PREVENTION

Thoughts and feelings of wanting to end your life can be overwhelming and you may feel alone and unsupported.

To get support to stay safe and to look after your health and wellbeing, contact a helpline (listed below), your GP, a counsellor, psychologist, psychiatrist, hospital emergency department, minister, teacher or anyone you trust to keep you safe. *You don't have to go through this alone.*

Tell them how you feel – and that you are thinking of suicide. **Call 000 if you are in immediate risk of harm.**

Lifeline

T: 13 11 14 | lifeline.org.au

SMS: 0477 13 11 14

24/7 phoneline, textline & online chat

Suicide Call Back Service

T: 1300 659 467

suicidecallbackservice.org.au

24/7 phoneline & online

SuicideLine Victoria

T: 1300 651 251

suicideline.org.au

24/7 Phoneline & online

Grampians Area Mental Health Service,
Access and Triage Team

T: 1300 247 647 | Available 24/7

**IN AN EMERGENCY ALWAYS
CALL 000**

MESSAGE FROM JULIANA

Thank you for taking the time to pick up this mental health contacts and services guide. Like every community, there are many people in Ballarat who need support for their mental health. There are a **broad range of local services so that everyone can get the mental health support and care they need.**

Your mental health is central to your wellbeing – and the last few years have been challenging, and have taken a toll on all of us. That's why it's more important than ever to ensure you're looking after yourself.

If you're struggling, if you want to talk to someone, or if you need help to support those close to you, I encourage you to get in touch with the services and support groups that are working across our community.

The Labor Government is continuing to reform Victoria's mental health system, investing more than \$6 billion since the Royal Commission into Victoria's Mental Health System. We are committed to implementing every one of the recommendations – and work is underway on 90 per cent.

I would like to thank our hardworking and dedicated mental healthcare workforce. Their work is often challenging, but it is making a difference and transforming lives.

Thank you also to Ballarat Community Health, Grampians Health Services and all the other organisations listed here for their help in putting together this brochure.

Mental health doesn't discriminate; it affects people across our community from all walks of life. There's no shame in reaching out to a friend, family member, neighbour or a mental health professional.

There is a network of individuals and health professionals who are here to help – you're not alone.



MENTAL HEALTH CONTACTS & SERVICES GUIDE

Juliana Addison MP
State Labor Member for Wendouree

211 Dana Street, Ballarat VIC 3350
P: 5331 1003
E: juliana.addison@parliament.vic.gov.au
f [JulianaAddisonMP](https://www.facebook.com/JulianaAddisonMP)
t [@juliana_addison](https://twitter.com/juliana_addison)
i [julianaaddison](https://www.instagram.com/julianaaddison)

Juliana Addison MP
State Labor Member for Wendouree



LOCAL BALLARAT SERVICES

Your GP is there to assist you with all your health needs including mental health. Medicare-funded mental health care plans are also accessible through a GP. For help locating a GP near you, visit the online [National Health Services Directory](#) at [about.healthdirect.gov.au/nhsd](#)

Ballarat Mental Health Support
[ballaratmentalhealth.com.au](#)
A comprehensive directory of resources & mental health support services available in the Ballarat Goldfields region.

Grampians Health Services
1300 247 647 (24/7 Grampians Area Mental Health Service, Access & Triage Team)
[bhs.org.au/services-and-clinics/mental-health-services](#)
Public health service with 24/7 Access & Triage phone service, as well as inpatient services, community services, lived experience & peer supports, plus further resources.

Ballarat Community Health (BCH)
5338 4500 | [bchc.org.au](#)
Locations in Lucas, Sebastopol, Wendouree, & Ballarat - including the Cooinda Mental Health & Wellbeing Hub at 10 Learmonth Rd Wendouree
8.30am-5pm M-F
Counselling, mental health services, alcohol & other drugs services, youth services, NDIS, GP clinic, allied health settlement services & support services for all community members.

Ballarat and District Aboriginal Co-operative (BADAC)
5331 5344 | [badac.net.au](#)
108 Armstrong St Nth, Ballarat | 9am-5pm M-Th, 9am-4pm F
Offers a range of services, including bulk billing primary care as well as other social & emotional wellbeing services.

headspace
5304 4777 | [headspace.org.au/ballarat](#)
28 Camp Street, Ballarat | 9am-5pm M Tu F, 7pm W & Th
Helps young people 12 - 25 with mental health, physical health, drug & alcohol support, & educational & vocational support.

CatholicCare
5337 8999 | [catholiccarevic.org.au](#)
4-6 Peel Street Nth, Ballarat | 8:30am - 5pm M-F
A range of services to support mental health, including counselling, as well as family & carer specific supports.

Uniting Ballarat
5332 1286 | [unitingballarat.org.au](#)
105 Dana Street | 8am-4pm M-F (please call ahead)
Community mental health programs which support people with a mental illness to live well in their own home & community.

Centre Against Sexual Assault (CASA)
1800 806 292 (24/7 Sexual Assault Crisis Line)
5320 3933 (Ballarat Location) | [ballaratcasa.org.au](#)
Entrance on Edwards St Sebastopol | 9am-5pm M-F
Offers free, confidential & professional services to people who have experienced sexual assault.

Federation Community Psychology Services
5327 8483
[federation.edu.au/institutes-and-schools/ihw/clinics-and-services/psychology-clinic](#)
Federation University, Lydiard Street Sth, Ballarat
9am-5pm Tuesday-Friday (call ahead)
Provides a range of psychological services.

ONLINE & PHONE SUPPORT

1800 RESPECT
1800 737 732 | [1800respect.org.au](#)
24/7 Phoneline & online chat
National sexual assault, family and domestic violence counselling line for anyone who has experienced, or is at risk of, family violence and/or sexual assault.

MindSpot
1800 61 44 34 | [mindspot.org.au](#)
Phoneline 8am-8pm M-F, 8am-6pm Sat
Free online mental health clinic for adults experiencing difficulties with anxiety, stress, depression, chronic pain, OCD & PTSD.

Tandem Carers
1800 314 325 | [tandemcarers.org.au](#)
9am-5pm M-F
The Tandem Support and Referral Line provides support, information and referral to the family members, friends and carers of people living with mental health challenges.

Head to Health
1800 595 212 | 8.30am – 5pm M-F
[headtohealth.gov.au](#)
Comprehensive website linking to specialised mental health support services & resources.

Beyond Blue
1300 22 4636 | [beyondblue.org.au](#)
Phoneline & online chat 24/7
Provides phone & online support - including forums - for people affected by anxiety, depression or suicide.

MensLine
1300 78 99 78 | [mensline.org.au](#)
24/7 Phoneline & online chat
Supporting men with emotional health, family & relationship concerns, via phone, online-chat, & video counselling services.

Kids Helpline
1800 55 1800 | [kidshelpline.com.au](#)
24/7 for calls & WebChat
A free, private & confidential phone & online counselling service specifically for young people aged between 5 & 25.

eheadspace
1800 650 890 | [headspace.org.au/eheadspace](#)
Phoneline & online chat 9am-1am everyday
Phone & online support & counselling for young people aged 12 - 25 years, as well as their families & friends.

QLife
1800 184 527 | [qlife.org.au](#)
Phone & Web Chat 3pm – 12am everyday
Free, anonymous & confidential phone & online service for LGBTIQ+ identifying people & those close to them.

Griefline
1300 845 745 | [griefline.org.au](#)
Phoneline 8am-8pm everyday
Provides anonymous counselling & support by volunteers, for adults experiencing grief, loss, & trauma.

Perinatal Anxiety & Depression Australia (PANDA)
1300 726 306 | [panda.org.au](#)
Phoneline 9am-7.30pm M-F, 9am-4pm Sat
Helpline for new & expecting parents struggling with the challenges of their role, & for those affected by perinatal mental illness.

LOCAL SUPPORT GROUPS

Mental Health Carers Circle Ballarat
[facebook.com/MHCarersCircleBallarat](#)
[BmhCarersCircle@gmail.com](#)

Ballarat Grow Group
1800 558 268
[grow.org.au/group-locations/ballarat-grow-group](#)

Insights Mental Health Support Group Ballarat
[insightsmhballarat.org](#)

APPS

There are lots of different apps out there that explore mindfulness, meditation & mental health tips. The most important thing is to find one that’s right for you.

- Niggle by Kids Helpline
- Smiling Mind