

MENTAL HEALTH RESOURCES

Psychology/Counselling

Most psychologists are accessible via a Mental Health Care Plan from your GP. You can search for psychologists by geographical area and/or area of expertise via <https://psychology.org.au/find-a-psychologist>. If you feel that you don't get what you need from a GP, psychologist, or any other professional, it is very reasonable to find someone else for a better fit.

Local Area Mental Health Service

Your local Area Mental Health Service triage number is the first point of contact if you are seeking an urgent specialist mental health response or advice. These phones are staffed by experienced mental health clinicians who will complete a phone based mental health assessment with you and work with you to develop a plan for further support. Sometimes these phone lines can have a wait time, however most have a function where you can leave your phone number and they will call you back. Be aware that this call will likely come from a private number.

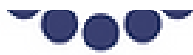
There are a number of mental health triage services in Victoria and which one is relevant for you varies depending on where you live and your age. Generally, if you are 25 or under you will be eligible for youth mental health services such as Orygen and if you are over 25 you will be eligible for adult services. Using the link below you can search for which service is for you.

<http://www3.health.vic.gov.au/mentalhealthservices/index.htm>

Services:



Lifeline



 [13 11 14](tel:131114)

 [0477 131 114](tel:0477131114)

- 24/7 Phone, Text or Online Chat
- Nationwide support service for anyone experiencing emotional distress and wanting to speak to someone.



**Beyond
Blue**

 [1300 224 636](tel:1300224636)

- 24/7 Phone or online chat
- Support line for anyone wanting to talk to someone about something they are experiencing or how they are feeling.



THE UNIVERSITY OF --- MELBOURNE

 <https://services.unimelb.edu.au/counsel/home>

- The University of Melbourne Counselling and Psychological Services (CAPS) provides free, confidential, short-term professional counselling to currently enrolled students and staff, as well as a range of workshops, mental health training, and helpful resources.



 [1300 224 636](tel:1300224636)

- Headspace have a number of centres which act as a one-stop-shop for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or work and study support.
- [E-headspace](#): Nationwide mental health support line for people age 25 and under.
- Phone support available 9am - 1am



DirectLine

 [1800 888 236](tel:1800888236)

- Phone support and access point for help if you are having problems with alcohol or other substance

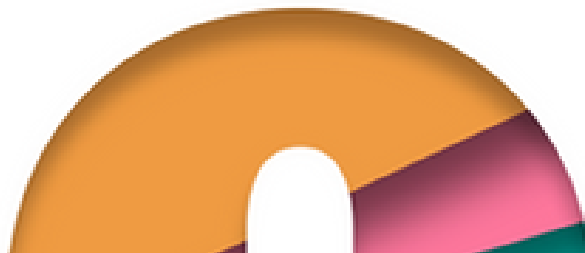


 [1800 729 367](tel:1800729367)

 [0477 131 114 \(Text\)](tel:0477131114)

 support@rainbowdoor.org.au

- Peer support for anyone from the LGBTQIA+ community or looking to support someone in the LGBTQIA+ community.





LIFE

 [1800 184 527](tel:1800184527)

- Phone support available 3pm - midnight.
- Peer support for anyone from the LGBTQIA+ community or looking to support someone in the LGBTQIA+ community.



**YARNING
SAFE 'N'
STRONG**

 [1800 959 563](tel:1800959563)

- 24/7 Phone Support
- Confidential counselling for Aboriginal and Torres Strait Islander Peoples
- Free and confidential counselling service for Aboriginal and Torres Strait Islander Peoples. Yarning SafeNStrong (YSNS) is available to people and families who need to have a yarn with someone about their wellbeing

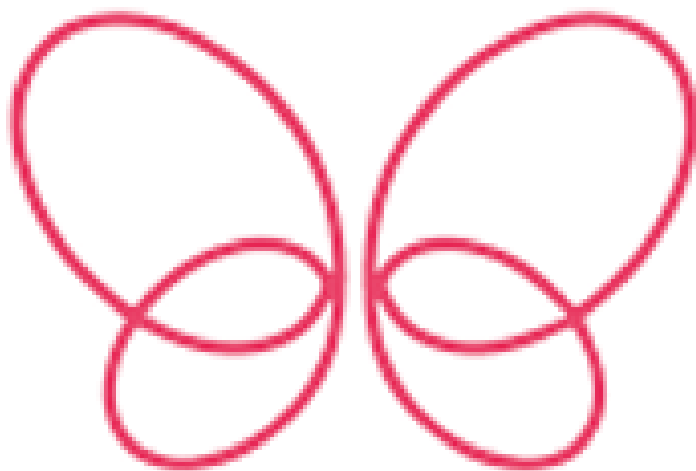


10 ways to reach out when you're struggling with your mental he

[10 Ways to Reach Out Document](#)

The importance of 'reaching out' comes up a lot when talking about mental health, and looking after ourselves. It's something that can be easier said than done though since asking for help and holding space for our mates isn't something many of us are taught.

When we talk about reaching out, **what does this mean though, and what are we asking people to do or say?** This guide offers examples you can use when reaching out, and where to go from there.



TRANSCEND AUSTRALIA

<https://transcend.org.au/>

Transcend Australia's purpose is to support, affirm and celebrate the lives of trans and gender diverse children and their families and carers. We provide information, support and referrals to families across Australia and work to empower trans and gender diverse children and young people.



VICTORIAN PRIDE CENTRE

<https://pridecentre.org.au/resource-directory/>

The Victorian Pride Centre is the first purpose-built centre for Australia's LGBTQ+ communities. It is a place to pave new directions for LGBTQ+ communities, while honouring and celebrating their brave - and at times difficult - past. It is home to practical and supportive services and will grow into a destination for visitors from across Australia, and beyond.





<https://www.transhub.org.au/>

TransHub is a digital information and resource platform for all trans and gender diverse people in NSW, our loved ones, allies and health providers.

This platform is an initiative from [ACON](#), NSW's leading health organisation specialising in community health, inclusion and HIV responses for people of diverse sexualities and genders.

<https://www.switchboard.org.au/resources>

Switchboard Victoria is a community based not for profit organisation that provides a peer driven, support service for the lesbian, gay, bisexual, transgender and gender diverse, intersex, queer, asexual (LGBTIQQA+) communities and their allies, friends, support workers and families.