

Mental Health services and support in the Alpine Shire



If you are not sure where to start, contact Partners in Wellbeing who will be able to help you navigate the services available to you - 1300 375 330

LOCAL SERVICES

Your local GP (doctor) can support you with a mental health care plan:

Bright Medical Centre	03 5750 1000
Mt Beauty Medical Centre	03 5754 3400
Standish Street Surgery, Myrtleford	03 5751 9900
Alba Health, Myrtleford	03 5751 1138

 gateway health <small>People living well</small>	Counselling	1800 657 573
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 mental health & wellbeing connect <small>Free for family, carers and supporters</small>	Mental Health & Wellbeing Connect (for carers)	Call 1800 572 129 Text 0485 864 597
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 APMHA HealthCare	Counselling	1300 514 811 Ext. 1
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 wellways	Psychosocial Recovery Service	03 5822 8600
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For family violence-related matters, visit www.alpinehealth-patients-visitors/family-violence

CRISIS SUPPORT

 000 EMERGENCY	If at risk of immediate harm	Call 000
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 Albury Wodonga Health	Mental Health Triage	1300 104 211
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 Lifeline	Call	13 11 14
	Text	0477 131 114

 Suicide Call Back Service		1300 659 467
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NATIONAL SERVICES

 medicare	Mental Health	1800 595 212
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 Beyond Blue		1300 22 4636
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 I3YARN	Aboriginal & Torres Strait Islanders	1392 76
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 kids helpline		1800 551 800
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 headspace <small>National Youth Mental Health Foundation</small>	for people aged 12-25 years	1300 332 022
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 LIFE	LGBTIQ+ support	Qlife.org.au
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 OPEN ARMS <small>Veterans & Families Counselling</small>	Veterans & families counselling	1800 011 046
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 MensLine Australia		1300 789 978
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 Gambler's Help		1800 858 858
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 STANDBY <small>SUPPORT AFTER SUICIDE</small>	StandBy Support After Suicide	1300 727 247
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 RURAL aid <small>For our mates in the bush</small>	For farmers & their families	1300 175 594
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 Someone.health	Bulk billed online psychology	Book online: www.someone.health 1300 546 821
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healthpromotion@alpinehealth.org.au
03 5751 9300

www.alpinehealth.org.au

