



**phn**  
MURRAY

An Australian Government Initiative



## 24/7 urgent help

**Triple Zero (emergency)** **000**  
Current actions endangering self or others

**Lifeline** **13 11 14**  
24-hour crisis and suicide prevention support

**Mildura Base Public Hospital** **03 5022 3500**  
Mental Health Acute Community Intervention Service **or**  
**1300 366 375**

You can also **go directly** to the **Emergency Dept** or Mental Health Service at Mildura Base Public Hospital, or the **Urgent Care Centre** at the Mallee Track Health and Community Service Ouyen.

## You can help save a life

We all respond differently to stress. Some people talk about what is going on, others find their own way to fix things or make their problems go away.

No matter how 'you do you', information in this card can help – or help a mate or family member who you might be worried about.

Some signs that it's time to take action:

- Thinking or saying 'I've fallen in a hole' or 'I'm struggling to stay afloat'
- Losing interest in or avoiding things you would normally enjoy
- Feeling overwhelmed by normal routines
- Finding it hard to sleep, or sleeping too much
- Overeating or having no appetite
- Working too much or too little
- More angry or irritable than usual
- Drinking, smoking or using drugs more than usual
- Thinking or saying 'I want to die', 'I am trapped', 'I am worthless or a burden to others', 'I am hopeless'.

If this sounds like you or someone you know, it's important to know that there are many confidential support options that can fit in around work or family commitments to help get back on track.

## 24/7 help in recovery

If you have been affected by suicide, the following services are available 24 hours a day, seven days a week. They provide support and counselling for families, friends, workplaces, sporting clubs and anyone impacted by suicide.

**Standby Murray Support After Suicide**  
**1300 727 247**

**National Indigenous Critical Response Service**  
**1800 805 801**

## Support getting back on track

**HeadtoHealthVic.org.au**  
Free mental health support between 8.30am and 5pm, Monday to Friday **1800 595 212**

**Parents Beyond Break-up**  
**parentsbeyondbreakup.com**  
Supports parents experiencing trauma related to family breakdown and separation **1300 853 437**

**MensLine.org.au**  
Men with work, family and relationship concerns **1300 789 978**

**relationships.org.au**  
Relationship support for individuals and families **1300 364 277**

**qlife.org.au**  
Anonymous and free LGBTQIA+ support **1800 184 527**

**beyondblue.org.au**  
Depression, anxiety and related disorders **1300 224 636**

**National Debt Helpline**  
**ndh.org.au**  
Free and independent financial counselling and advice for people in financial distress **1800 007 007**

**DirectLine.org.au**  
A state-wide telephone and online service supporting people seeking alcohol and other drugs information, advice or referral **1800 888 236**

## Help within hours or days

Visit your **general practitioner**. GPs can identify and support people in distress and refer them to help.

**headspace Mildura**  
Drop in or make an appointment (12-25 years) **03 5021 2400**

**eheadspace.org.au**  
Support and counselling for young people (12-25 years) and their families **1800 650 890**

**Sunraysia Community Health Services**  
37 13th Street, Mildura VIC  
Mental and emotional support. Walk-in 10am-2pm weekdays **03 5022 5444**

**Mallee District Aboriginal Services**  
Drop in medical clinic with access to social and emotional wellbeing support **03 5018 4100**