



GSC Wellbeing

We care about your Wellbeing. There will be hard times ahead and you may not always be able to access the help you need when you need it. The following links will help you stay connected.

DHHS CHILD PROTECTION

Ph: 1300664977

After hours emergency: 13 12 78

<https://services.dhhs.vic.gov.au/child-protection-contacts>

PSYCHIATRIC TRIAGE

Ph: 1300363788

Website: <http://www.health.vic.gov.au/mentalhealthservices/adult/loddon-a.htm>

<https://www.bendigohealth.org.au/mentalhealthTriageServices/>

COBAW COMMUNITY HEALTH- COWBAW Community Health is an organization that provides comprehensive low-cost services including counselling and housing support for those living in the Macedon Ranges.

Ph: 1300026229

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

Macedon Ranges Health – A community based non – for – profit organization dedicated to the health and welfare of those living in the Macedon Ranges. Provides a range of healthcare services.

Ph: 54280300

<https://www.benetas.com.au/health-care/macedon-ranges-health>

Neal St Medical Clinic – A medical centre within Gisborne

Ph: 54833333

<https://nealstmc.com.au/>

Head to Health – Federal Government run website helping those with mental health issues. Also has a link with a range of mental health service providers and their resources. Links to over 473 digital mental health resources.

headtohealth.gov.au

headtohealth.gov.au/service-providers

Moodgym – interactive self-help book which helps the user learn and practice skills which prevent and manage symptoms of depression and anxiety

headtohealth.gov.au

Smiling Mind – mindfulness app and website about meditation

smilingmind.com.au

The Brave Program – an interactive and online CBT program for teens and parents.

brave-online.com

1800 Respect – phone, chat and email counselling for those effected by domestic violence and sexual assault. Also has two apps available.

1800respect.org.au

1800 737 732

MyCompass – Personalized online self-help program for people who have been experiencing symptoms of depression and anxiety, or those who simply want to build better good mental health. It delivers proven results to help you recognize unhelpful thoughts, feelings and behaviours and helps gain the skills to manage them.

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

Bite Back – Online positive psychology program aimed at improving the overall wellbeing and resilience of young people.

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

Niggle App – Niggle is an app that allows you to help that feeling that won't go away. Developed by kids helpline. Available on the Play store or app store.

Mental Health Online – Has a range of free online programs. Includes made-4-me, PTSD, Depression, OCD, SAD, GAD and Panic.

Mindspot – Provides free, online courses and assessments. Includes one for indigenous wellbeing also.

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

BeyondBlue – Provides information and support for those who need it. **BeyondBlue** has a range of apps available and counselling services, including a chat service.

1300 22 4636

Headspace – This service has phone, chat and email services available. For those who are suffering from ill mental – health, and their families.

1800 650 890

Kids Helpline – Provides confidential 24/7 phone and online counselling services for those aged 5-25.

1800 55 1800

Lifeline – For those who need crisis support around suicidal ideation. Webchat and text service available.

Text: 0477 13 11 14

Ph: 13 11 14

Mindspot – Free national phone and online clinic for those with mental health issues and chronic pain. Also offer specialized support around COVID-19.

1800 61 44 34

Ontheline – A professional health service that has many offshoots to aid in mental health problems. They also offer webchat services.

Mensline: 1300 78 99 78

Suicide call back service: 1300 659 467

PANDA – Support for those who are expecting a child and may need support.

1300 726 306

QLIFE – Counselling that is oriented specifically at identify as LGBTQI. They offer webchat and phone services.

1800 184 527

WELLWAYS – Mental health and disability support organization. 1300 111 500