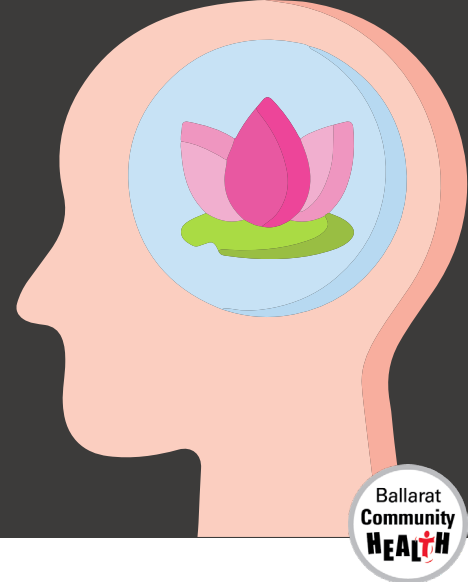


Concerned about the mental health of: yourself, a colleague or a loved one?

Ballarat agencies are OPEN and have appointments available if you need to talk to someone.



If you're experiencing depression, anxiety or stress for any reason including: financial problems, food assistance, emergency housing, drug & alcohol problems, family issues, parenting, pregnancy, relationship issues or isolation - there is a service that you can call in Ballarat.

Victorian Gov Coronavirus Hotline

Emergency relief packages to support people in mandatory isolation with little or no food. Eligible households receive 2-week supply of essentials.
P: 1800 675 398

Beyond Blue

Online chat for information about depression and anxiety.
P: 1300 22 4636
W: www.beyondblue.org.au

Kids Helpline

Phone counselling or online chat service accessible 24/7 for young people aged 5-25 years old.
P: 1800 55 1800
W: kidshelpline.com.au

Direct Line

Confidential drug and alcohol counselling and referral in Victoria.
P: 1800 888 236

Ballarat Community Health (BCH)

Counselling - by phone or telehealth. Connecting2community - 6 sessions with a peer worker. Healthy Minds - 8 sessions by mental health & lived-experienced clinicians. Alcohol & other drug support + MAC (Making a Change) drug & alcohol rehabilitation program.
P: (03) 5338 4500
W: bchc.org.au

headspace

Provides free support to young people aged 12-25 years.
P: (03) 5304 4777
W: headspace.org.au/eheadspace

Raphael House

Pregnancy & parenthood counselling service for perinatal + babies up to 4 years. Referral requires a mental health care plan.
P: (03) 5320 2016

Lifeline

24/7 crisis phone support
P: 13 11 14

Centacare

Programs to support mental health, family and relationship counselling, community advocacy, homelessness, family dispute resolution, emergency relief and employment services.
P: (03) 5337 8999
E: enquiries@centacareballarat.org.au

Ballarat Health Services (BHS)

MHS-BHS: Mental Health services switchboard - for people experiencing severe and enduring forms of mental illness or disorders.
P: (03) 5320 4100 (switchboard)
W: bhs.org.au

Uniting Ballarat

Mental Health Clinic Services & Treatment for Enduring & Persistent Mental Illness (STEMPI) Alcohol and Other Drug services Emergency Housing- Street-to-Home: support to rough sleepers via phone where possible.
P: (03) 5332 1286
W: unitingballarat.org.au

Ballarat & District Aboriginal Co-op

Health, social, welfare, community development to local indigenous community members. Including GP appointments, AOD, counselling and psychology services for mental health care plans or PHN funding.
P: (03) 5331 5344

Salvation Army

Emergency relief + food & vouchers
P: (03) 5337 0600
A: 102 Eureka Street, Ballarat

Berry Street

Provides family violence supports.
P: (03) 5331 3558

Wellways

Non-clinical mental health and community support for people and families following discharge from hospital after suicide attempt or crisis.
P: (03) 4333 0251
E: thewaybackgrampians@wellways.org
W: wellways.org

Pomegranate House

Psychotherapy for adults, adolescents and families from lower income and disadvantaged households in the Grampians region. Referral to services requires a mental health care plan.
P: (03) 5320 2260

Centre Against Sexual Assault (CASA)

FREE confidential counselling and support for people who have experienced sexual assault. After hours assistance provided via phone.
P: (03) 5320 3933

ChildFIRST

A referral service to support and connect vulnerable children (under 17) and families with community supports to protect and promote healthy development.
P: (03) 5337 3388

Australian Community Support Organisation (ACSO)

Support for mental health & wellbeing during Coronavirus pandemic & beyond. FREE support to improve your wellbeing, develop strategies to cope and provide emotional support.
P: 1300 375 330
E: partnersinwellbeing@acso.org.au
W: acso.org.au/aod-mh-support

LGBTIQ Support

Switchboard: 3pm – midnight
FREE non-judgemental, confidential & anonymous counselling with trained volunteers who identify as LGBTIQ
P: 1800 184 527