

# where can you go for mental health support in ballarat?

## know your options:

### find the right mental health support in Ballarat

This guide aims to help young people, families and their carers navigate the mental health system in Ballarat.

Think about what is happening for you at the moment and use the chart below to help decide the level of support that fits you. Once you have found the level for you, you can find services that offer that support on the next page.



If possible, try using this guide with a friend or trusted adult

It can help you build your support network and make it easier to get the help you need.

### 1 Minor Mental Health Difficulties

- You are feeling good and would like to maintain it
- You are having a 'bad day', or something minor is impacting you and you need something to do while it passes
- You can mostly manage the feelings yourself, but you may need the help of a trusted adult or an online resource

### 2 Mild Mental Health Difficulties

- There is a mild change to how you are sleeping, eating, socialising, or completing daily tasks (trouble falling asleep, small loss of motivation)
- You are having negative thoughts or feelings causing mild levels of distress
- Difficulties are not resolving naturally and may have been bothering you for a short period of time (less than 6 months)

### 3 Moderate Mental Health Difficulties

- There is a moderate change to how you are sleeping, eating, socialising, or completing daily tasks (poor sleep a few nights a week, hard to find motivation, avoiding some social situations)
- You are having negative thoughts or feelings causing moderate levels of distress
- Difficulties may have been going for a while (up to 6 months or more)

### 4 Significant Mental Health Difficulties

- There is a significant change to how you are sleeping, eating, socialising, or completing daily tasks (unable to sleep some nights, no motivation at all, avoiding all social situations)
- You are having negative thoughts or feelings causing significant levels of distress
- Difficulties may have been going for longer than 6 months

### 5 Acute Mental Health Difficulties

- There is a very high risk of you harming yourself or others
- Unable to complete daily activities at all or severe difficulties across several areas of your life

### Mental Health Emergency (Call 000)

- Immediate risk of harm to self or others needing immediate intervention



You might not find your exact experiences here, but this guide will help you get closer to finding the best support for you.

# So where can I go for support?

- Below is a list of mental health services in Ballarat and the level of support they can provide you.
- All of the services below offer free programs for young people.
- Remember not all services will be suited to everyone, so it is important that you keep trying until you find the one for you.
- Don't forget your General Practitioner (GP) can help you too.



<b>School Wellbeing</b> School wellbeing office	●	●					Visit your school wellbeing office
<b>Catholic Care</b> Intake, assessment, general counselling for mild to moderate mental health	●	●					P: 1800 123 228 or 03 5337 8999 W: catholiccarevic.org.au
<b>QHub</b> Mental health and wellbeing services tailored specifically for LGBTIQ+ young people and their families	●	●	●				P: 1800542847 W: queerspace.org.au/our-programs/safe-spaces
<b>BADAC</b> First nations physical and mental health support services	●	●	●				P: 03 5331 5344 W: badac.net.au
<b>FedCare Psychology Services</b> Psychological services for the Ballarat community	●	●	●				P: 03 5327 8483 W: federation.edu.au
<b>headspace Ballarat</b> Free mental health support for young people	●	●	●	●			P: 03 5304 4777 W: headspace.org.au/headspace-centres/ballarat
<b>Ballarat Community Health</b> Physical and mental health support services	●	●	●	●			P: 03 5338 4500 W: bchc.org.au
<b>Uniting</b> Free counselling, assessment and referral for mental health challenges		●	●	●			P: 03 5332 1286 W: unitingvictas.org.au/locations/ballarat-105-dana-street/
<b>Head to Health</b> Free advice, assessment, and referral into local mental health services			●	●			P: 1800 595 212 or 5338 4500 W: headtohealth.gov.au
<b>Grampians Health</b> 24/7 referrals to the Grampians Area Mental Health Service					●		P: 1300 247 647 W: grampianshealth.org.au
<b>Emergency Services (000)</b> For immediate support if you or someone else is in danger						●	P: 000

If you need to speak to someone urgently, please call Lifeline on 13 11 14 or Kids helpline 1800 55 1800.



The headspace Ballarat Youth Suicide Prevention Project is funded by the Western Victoria Primary Health Network