

## INFORMATION

### Reach Out!

Reach Out! is an online service that helps young people who are going through a tough time access a wide range of information and support.

W: [www.reachout.com.au](http://www.reachout.com.au)

### Bullying. No Way!

Bullying. No Way! Provides students, schools and parents with information and support around the issue of bullying.

W: [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

### SANE

SANE Australia are a national charity who help all Australians affected by mental health issues lead a happy and healthier life through education, campaigning and research. They also offer online support, a helpline and information packs.

W: [www.sane.org](http://www.sane.org)

### No to Violence/ Men's Referral Service (NTVMRS)

NTVMRS offer telephone counselling, information and referrals for men concerned about violent behaviours at home.

P: 1300 766 491 (Free Call 8am-9pm  
Mon-Fri, 9am-5pm Weekends)

W: [www.ntvmrs.org.au](http://www.ntvmrs.org.au)

### Women's Information and Referral Service (WIRE)

WIRE offer face to face, online and telephone services that support all Victorian women by providing free information and referrals.

P: 1300 134 130 (Free Call) (9am to 5pm Mon-Fri)

W: [www.wire.org.au](http://www.wire.org.au)

### Victims Assistance Program

The Victims Assistance Program is delivered via Merri Health. It is a free counselling service offered to people who have experienced or witnessed violence crimes.

P: 1300 362 739 (9am-5pm Mon-Fri)

W: [www.merrihealth.org.au](http://www.merrihealth.org.au)

### Anxiety Disorders Association of Victoria (ADAVIC)

ADAVIC provide support, resources and information for those who experience anxiety, panic or depression issues.

W: [www.adavic.org.au](http://www.adavic.org.au)

### Reconnexion

Reconnexion provides counselling, telephone information and support, community information and health practitioner education in relation to addressing the challenges of anxiety, stress, and depression and tranquilliser dependency.

W: [www.reconnexion.org.au](http://www.reconnexion.org.au)

### Advice Line

Sexual and reproductive health services for young people 25 and under.

P: 1800 013 952

### Mental Health Advice Line

A state wide Victorian 24 hour phone service that provides immediate mental health advice from a registered mental health professional.

P: 1300 280 737

## CONTACT US

If you would like further information please contact us via:

📍 Youth Service, PO Box 94, Greensborough 3088

☎ 9457 9855

✉ [banyuleyouth@banyule.vic.gov.au](mailto:banyuleyouth@banyule.vic.gov.au)

🌐 [www.banyuleyouth.com](http://www.banyuleyouth.com)

📘 [www.facebook.com/banyuleyouth](https://www.facebook.com/banyuleyouth)

Banyule Youth Services have provided this information as a community service. Contact details were correct at time of printing. Banyule Youth Services does not specifically endorse these services nor take responsibility for incorrect information.



# Mental Health & Support

Mental health and wellbeing services for young people in Banyule



BanyuleYouthServices



Banyule  
CITY COUNCIL

## IMMEDIATE HELP

### Kids Help Line

A free 24-Hour telephone counselling line for 5 to 25 year olds.

**P:** 1800 551 800 (Free call)

**W:** [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

### Suicide Line

A free 24-hour anonymous telephone counselling line that is dedicated to suicide prevention.

**P:** 1300 651 251

**W:** [www.suicideline.org.au](http://www.suicideline.org.au)

### Suicide Call Back Service

Suicide Call Back Service is a nationwide service that provides free phone, video and online counselling for anyone affected by suicide.

**P:** 1300 659 467

**W:** [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

### Lifeline

A 24-hour personal crisis and suicide prevention counselling telephone line. Lifeline offer online counselling 7 days a week (7pm to 12am AEST) and a trial Lifeline text service 7 days a week (6pm to 10pm AEDT). Lifeline also have a range of information and resources available online.

**P:** 13 11 14

**P:** Lifeline Text: 0477 13 11 14

**W:** [www.lifeline.org.au](http://www.lifeline.org.au)

### Greifline

Grief Line offers a counselling line that listens, cares and supports people experiencing loss and grief at any stage in life.

**P:** 1300 845 745

**W:** [www.greifline.org.au](http://www.greifline.org.au)

## MENTAL HEALTH CARE PLAN

A Mental Health Care Plan is a referral from your GP that entitles you to up to 10 annual subsidised sessions of psychotherapy billed to Medicare. Mental Health Care Plans aim to increase better access to services such as psychologists and psychiatrists. To get a Mental Health Care Plan, you need to do the following things:

1. Book a double appointment with your local GP (a total of 30min)
2. Ask your GP for a Mental Health Care Plan
3. Your GP will make a referral to a counsellor or psychologist, then all you have to do is make the appointment

**W:** [www.healthdirect.gov.au/mental-health-care-plan](http://www.healthdirect.gov.au/mental-health-care-plan)

## SUPPORT SERVICES

### headspace Greensborough

headspace Greensborough offer programs, information and assistance for young people aged 12 to 25 who are experiencing emotional or mental health and or substance use issues. Headspace centres help connect young people with health professionals such as GP's, psychologists and many more. You can also access information and resources on the headspace website.

Level 1, 78 Main Street, Greensborough, 3088

**P:** 9433 7200

**W:** [www.headspace.org.au](http://www.headspace.org.au)

**eHeadspace** is an online and telephone service that supports young people and families that are going through a tough time. eHeadspace operates from 9am to 1am seven days a week.

**W:** [www.eheadspace.org.au](http://www.eheadspace.org.au)

### Banyule Community Health Service

This service is staffed by community health nurses who can provide young people with information regarding family support, financial help, medical, dietary, dental and have a specialised Aboriginal Health team as well as being able to offer referrals to other services.

**P:** 9450 2000 (Heidelberg)

**P:** 9433 5111 (Greensborough)

**W:** [www.bchs.org.au](http://www.bchs.org.au)

### Child & Youth Mental Health (CYMHS)

Austin CYMHS is a specialist mental health service for children and adolescents aged up to 18 years old. For individuals experiencing a mental health issue or who might be concerned about someone with whom they live, work or to whom they provide care, North East Triage Service is the initial point of contact for information, assessment and referral for mental health 24-hours a day, 7-days a week.

### North East Triage Service

**P:** 1300 859 789

### Austin CYMHS Community Services

**P:** 9496 3620

**W:** [www.austin.org.au/mentalhealth/CYMHS/](http://www.austin.org.au/mentalhealth/CYMHS/)

### RMIT Psychology Clinic

The RMIT Psychology Clinic offers quality, low cost psychological services for children, young people and adults. By appointment only.

**P:** 9925 7666

### LaTrobe Psychology Clinic

LaTrobe Psychology Clinic offer a range of low cost services including psychological therapy, behavioural programs, group programs plus more.

**P:** 9479 2150

**W:** [www.latrobe.edu.au/psychology-clinic](http://www.latrobe.edu.au/psychology-clinic)

### Northern Centre Against Sexual Assault

Northern CASA provides free therapeutic services to all over the age of 12 who have experienced sexual assault (both past and present) and for their non-offending family and friends.

**P:** 9497 1768

**P:** 1800 806 292 (After Hours)

**W:** [www.austin.org.au/northerncasa](http://www.austin.org.au/northerncasa)

### Beyond Blue

Beyond Blue offers support and advice for those dealing with or supporting someone with depression and or anxiety through online and call services.

**P:** 1300 224 636 (24 Hour Phone Service)

**W:** [www.beyondblue.org.au](http://www.beyondblue.org.au)

### Anglicare Victoria

Anglicare provide counselling, advocacy, after hour's crisis support, case management, drug and alcohol counselling as well as family support.

**P:** 8470 9999 (Anglicare Preston)

**W:** [www.anglicarevic.org.au](http://www.anglicarevic.org.au)

### Eating Disorders Victoria (EDV)

EDV offer free, confidential online and telephone support regarding an eating disorder you or someone you know may have as well as providing information.

**P:** 1300 550 236

**W:** [www.eatingdisorders.org.au](http://www.eatingdisorders.org.au)

### The Butterfly Foundation

A foundation that offers support, treatment, programs, education and training as well as online resources for people experiencing eating disorders & body image issues.

**P:** 1800 ED HOPE (1800 334 673) (The Butterfly Foundation's National Help Line from 8am-12am AEST)

**W:** [www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)