



The Grit and
Resilience
PROGRAM

Who to call when you need some help

Australia-wide services

Beyond Blue

Call: **1300 224 636**

24/7 telephone support service
and online chat 4pm - 10pm (AEST).

beyondblue.org.au

Mensline Australia

Call: **1300 789 978**

24/7 telephone and online support,
information and referral service for men.

mensline.org.au

Lifeline

Call: **13 11 14**

Text: **0477 131 114**

24/7 crisis support and suicide prevention
services. To find local services in
your area use Lifeline's Service Finder.

lifeline.org.au

Suicide Call Back Service

Call: **1300 659 467**

24/7 telephone crisis support for
people at risk of suicide, carers and bereaved,
as well as online resources
and information.

suicidecallbackservice.org.au

Yarning Safe 'N' Strong (Victoria)

Call: **1800 959 563**

Free counselling service for Aboriginal
and Torres Strait Islander peoples.

vahs.org.au/yarning-safenstrong

QLIFE

Call: **1800 184 527**

Telephone and online chat support
service for lesbian, gay, bisexual, trans,
and/or intersex (LGBTI) communities.

qlife.org.au

Kids Helpline

Call: **1800 551 800**

24/7 telephone counselling for
young people 5-25 years.

kidshelpline.com.au

Standby Murray

Call: **1300 727 247 (24-hour)**

Provides support for people who are
bereaved or impacted by suicide.

[wellways.org.au/our-services/
standby-support-after-suicide](http://wellways.org.au/our-services/standby-support-after-suicide)

Local services

Gateway Health Wangaratta

Call: **(03) 5723 2000**

Provides professional counselling
and mental health services.

[gatewayhealth.org.au/services/
counselling-mental-health](http://gatewayhealth.org.au/services/counselling-mental-health)

North East Health Wangaratta

Call: **(03) 5722 5111**

Provides hospital and emergency services in
Wangaratta.

northeasthealth.org.au

headspace Wangaratta

Call: **1300 332 022**

Telephone, online chat support and
face-to-face service for 12-25 year olds.

[headspace.org.au/headspace-
centres/wangaratta](http://headspace.org.au/headspace-centres/wangaratta)

Albury Wodonga Health Mental Health Service

Call: **1300 104 211 (24-hour)**

Provides specialist clinical assessment,
treatment and on-going care to people
who have, or who are at risk of a serious
mental illness or suicide.

[awh.org.au/services-
departments/mental-health](http://awh.org.au/services-departments/mental-health)

If you are about to hurt yourself, call 000 now

TALK TO SOMEONE NOW

- Ask someone to sit with you or find somewhere safe.
- Go to a hospital emergency department.
- Make an appointment with your GP or mental health professional as soon as possible. Tell them it is urgent but be prepared to wait.

Hearing impaired?

Use the [National Relay Service](http://www.nrelayservice.org.au)

No or limited English?

Call **131 450**

Want to know more about the Program?

 [GritandResilienceProgram](https://www.facebook.com/GritandResilienceProgram)

 [gritandresilienceprogram](https://www.instagram.com/gritandresilienceprogram)

 gritandresilience@wangaratta.vic.gov.au

 wangaratta.vic.gov.au/gritandresilience

Not ready to talk? For online tools and mental health programs visit headtohealth.gov.au