



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

eheadspace

Call: **1800 650 890**

Telephone and online chat (9am-1am) or email support

headspace.org.au/online-and-phone-support/connect-with-us

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/our-services/standby-support-after-suicide

Local services

Gateway Health Wangaratta

Call: **(03) 5723 2000**

Provides professional counselling and mental health services. Including the **mental health and wellbeing connect program** which offers mental health support for carers.

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**

Face-to-face, telehealth and telephone service for 12-25 year olds.

headspace.org.au/headspace-centres/wangaratta

Albury Wodonga Health Mental Health Service

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

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

Mental Health and Wellbeing Local

Call: **1300 000 842**

Free mental health and wellbeing support
wellways.org.au/our-services/mental-health-and-wellbeing-local

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**

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