

BULOKE SHIRE COUNCIL MENTAL HEALTH SERVICES

If you, or someone you know, needs to access mental health services within Buloke Shire Council you can contact the following services, each service is available in person, and can be contacted via phone call, or email. These services provide individualised support, and referrals when you need it.

If you are experiencing domestic and/or family violence, please contact The Orange Door on **1800 737 732**, or Victoria Police on **000**. If you have been sexually assaulted, please call the Sexual Assault Crisis Line on **1800 806 292**.

If you are feeling suicidal, help is available by calling 000.



ORGANISATION	PHONE NUMBER	EMAIL	WEBSITE
Anxiety Disorders Association of Victoria	(03) 9853 8089	adavic@adavic.org.au	https://www.adavic.org.au
Australian BPD Foundation	0458 469 274		https://www.bpdfoundation.org.au
Australian Centre for Grief and Bereavement	1800 642 066	info@grief.org.au	https://www.grief.org.au
Beyond Blue	1300 224 636		https://www.beyondblue.org.au
Directline (AOD referrals)	1800 888 236		https://www.directline.org.au
Embrace Multicultural Mental Health	(02) 6285 3100	multicultural@mhaustralia.org.au	https://www.embracementalhealth.org.au
Friends for Good (loneliness)	(03) 9434 7770	admin@friendsforgood.org.au	https://friendsforgood.org.au
Gambling Helpline	1800 858 858		https://www.gamblinghelponline.org.au
Grief Line	1300 845 745	enquiries@griefline.org.au	https://griefline.org.au
Headspace (youth)	(03) 9027 0100		https://headspace.org.au
Head to Health (directory)	1800 595 212	enquiries@health.gov.au	https://headtohealth.gov.au
Kids Helpline	1800 55 1800	admin@kidshelpline.com.au	https://kidshelpline.com.au

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Lifeline	13 11 14	info@lifeline.org.au	https://www.lifeline.org.au
Mensline Australia	1300 78 99 78	talkitover@mensline.org.au	https://mensline.org.au
PANDA - Perinatal Anxiety & Depression Australia	1300 726 306	info@panda.org.au	https://www.panda.org.au
Q Life (LGBTIQ+)	1800 184 527		https://qlife.org.au
Satellite Foundation (young people)	1800 973 444	satellite@satellitefoundation.org.au	https://www.satellitefoundation.org.au
Sexual Assault Crisis Line	1800 806 292		https://www.sacl.com.au
Suicide Call Back Service	1300 659 467	enquiries@ontheline.org.au	https://www.suicidecallbackservice.org.au
Suicide Line Vic	1300 651 251		
Support After Suicide	1800 943 415	aftersuicide@jss.org.au	https://www.supportaftersuicide.org.au/