

Current Support Options Available To YOU Here and Now in Macedon Ranges

Macedon Ranges has experienced a number of sudden deaths recently. We would like to let you know the community is thinking of you. For those impacted by Road Trauma you may find the following information helpful.

Whilst people's intentions are to help you, it is important to ask family and friends not to push you, and that you need to deal with the incident at your own pace.

Look after yourself. Spend time with people you care about. If you feel able, talk about your feelings to people who will understand.

Recurring thoughts and dreams are normal. They will decrease in time. Try not to block them out or bottle up your feelings. Confronting the reality, bit by bit, will help you come to terms with the experience. This is how your brain processes what has happened.

If you would like to speak with somebody professionally.....



1300 367 797

Counselling sessions are free of charge, confidential and unlimited in number for anyone affected by a collision on the roads (or involving any public transport), whenever this may have occurred. Sessions may be conducted face-to-face or by telephone. You do not need a referral to access our services.

Our clients include bereaved families, friends and colleagues; injured people and carers; drivers and passengers; and people who were first on scene – witnesses, citizens who offered assistance, and emergency service workers.

We are not a crisis service; our office hours are between 9 am – 5 pm, Monday to Friday. If you need to speak to someone urgently, please call Lifeline on 13 11 14.



Support and Mental Health Care Plan - 5428 3333. Neal Street staff can provide support and referrals if needed. **Your GP is a good person to engage with and can refer you to appropriate support and counselling if required.**

Counselling support - Call 5428 0300.

A counsellor will be assigned and will try and contact you within 5 working days. First visit is free, then you need to grab a mental health care plan. They are situated in the same building as Neal Street Medical who can sort out a Mental Health Care Plan or you can get a referral from your existing GP. (This can save you \$ with a Psychologist)

Youth Clinic – 76 Hamilton St Gisborne

Doctor and nurse available for young people 12 -25. Is open every Wednesday 4:30 – 7:30pm *during school terms only*. No appointment just rock up. This is really good for getting a mental health care plan which refers you to a counsellor/psychologist for a heavily discounted cost. Excellent for any health concern, particularly sexual health.

OR if you are in crisis please call 000

Mental Health Triage **1300 363 788** - 24 hrs 7 days a week. It is for the Macedon Ranges area, based in Bendigo. If you are really worried about someone or yourself. They will let you know what to do. If you are in a different area, ask them for the number that covers the area you are in or the person you are worried about is in. Don't hang up without it.



Online and over the phone



E-Headspace - <https://headspace.org.au/eheadspace/> or

<https://headspace.org.au/eheadspace/connect-with-a-clinician/>

Here you can talk 1-on-1 with an eheadspace clinician via an online chat, email or over the phone. You can also join group chats which cover a variety of helpful topics and are a great way to learn from other people's experiences.



Beyond Blue - <https://www.beyondblue.org.au/get-support/get-immediate-support>

Beyond blue provide a call service (**1300 224 636**), online chat service 3pm-12am 7 days a week and email with guaranteed response in 24 hours. All calls and chats are one-on-one with a trained mental health professional, and completely confidential. Although they may ask for your first name and some general details, you can let them know if you'd like to remain anonymous.



Lifeline 13 11 14

<https://www.lifeline.org.au/get-help/online-services/crisis-chat>

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. Crisis support chat and text is now available from 7pm-12am, 24/7