

**List of Mental Health & Alcohol & Other Drugs Service Providers in and around Yea at July 2016 (including Dept. of Health Hotline list)**

<b>Organisation</b>	<b>Contact name</b>	<b>Role</b>	<b>Time and place</b>	<b>Contact number</b>
Yea and District Memorial Hospital	Adele Callander	Community Health Psychologist - one on one consultations by appointment.	Yea & District Memorial Hospital at The Grace Bennetts Centre	5736 0400
	Zoe Edmonds	Councillor, referral forms need to be filled out by GP only. Access form thru Medicare Local system.	The Grace Bennetts Centre	Contact G.P.
	Peter Antonenko	psychologist Fridays at Allied Health corridor	Fridays at the Grace Bennetts Centre	0418 991 410
	Debra Wood	Counsellor	The Grace Bennetts Centre Yea	9736 2273
	John Anderson	Counsellor	The Grace Bennetts Centre Yea	9736 2273
Yea High School	Ro Canterbury	Psychologist (minimal counselling role)	Yea High School	5797 2207
Referral Assessment Case Coordinators (RACC)	Jayne Farnan	Navigator - works with School Focussed Youth Services ages.	Based in Alexandra	5770 2200
Family Care	Kate Fielding Karen Aldridge  Marc de Landes   Angela Marshall	Kids/family/relationships/parenting thru ChildFIRST  Men/relationships thru ChildFIRST  Parenting support  NILSS  ChildFirst referrals – family support role	Kinglake and Surrounds (outreach & in-home)  Kinglake Seymour Alexandra  Outreach to home upon request	5735 4600 (Seymour Office) 1800 663 107 (intake)
Nexus Primary Health	Peter Okalyi Fay McCormack Dermot O'Hara  Bevan McLauren  Simon Gibbs  Kathryn, Samantha and Nicole  Adam  Kate Lewer Marg Finley Lisa Constantin  Tiffany Brasher & Summah Francis	Alcohol & Other Drugs Counsellors (Youth Specific)  Withdrawal Nurse  PHaMs Team Leader  Family Violence Team and Children's Counsellors  Men's Behaviour Change  Counselling Team  PHAMS – personal mentors	Outreach upon request    Outreach upon request    Outreach upon request  Outreach	1300 773 352
Alexandra District Health	Lisa Derham  Jennifer Wood  Phil Weeks	Psychologist  Councillor  Councillor	Alexandra Hospital	5772 0908
Salvocare	Clyde Jochheim	Outreach connections risk homeless	Seymour	0409 812 159
Child and Youth Mental Health Service YMHS + HREPS + Homeless Youth Dual Diagnosis + Youth Justice Mental health Services + Autism Spectrum Assessment Team	Pay Ewert Manager	CYMHS is an outpatient service providing assessment, treatment and support for young people (aged between 0 - 18 years) and their families who are having serious problems with emotions, learning, thoughts and behaviours.	Shepparton (within GV Health) and Seymour (Moyle Street)	5832 3170 (Shepparton Office) 57350300 (Seymour Office) GVAMHS Triage 1300 369 005 (local call charges)
Hume Region Early Psychosis	Part of CHYMS	Hume Regional Early Psychosis Services seek to engage young people 16-25 years old experiencing a first episode of psychosis early so as to reduce the period of untreated psychosis and promote recovery.	In-reach to youth, health and community service to access the young person. Service operates Monday to Friday 0830 to 5.00pm and emergencies after hours.	GVAMHS Triage 1300 369 005 (local call charges)

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Primary Mental Health & Early Intervention +Dual Diagnosis +Peri-natal Emotional Health Program +CaLD Liaison Officer +Magistrate Court Liaison Officer +Families of Parent with a Mental Illness program	Sally Thomas	This is a specialist multi-disciplinary team which supports the work of primary healthcare providers, including GPs. Assessment, treatment planning and short term interventions are provided for consumers of all ages experiencing a high prevalence disorder like depression and anxiety.	Service Operation: Monday to Friday 8.30am - 5.00pm Shepparton	03 5823 6000 or After Hours on GVAMHS Triage 1300 369 005 (local call charges)
G V Health Adult Mental Health Services	Anne Doherty	This specialist public mental health service is provided to people aged between 16 - 65 years.	Service Operation: Monash Street Shepparton  22 Moyle Street Seymour  For urgent/crisis situations after hours the Psychiatric Triage Clinician can be contacted on	<b>5832 2111</b>  <b>5735 0333</b>  <b>GVAMHS Triage</b> <b>1300 369 005</b> (local call charges apply).
Aged Mental Health	Pam Ewert	This service provides assessment, treatment, case management, acute care and psycho-geriatric nursing home care for eligible people over the age of 65years.	Centre for Older Service Operation (COPH) 91-99 Knight St Shepparton	<b>03 5823 6060</b> or After Hours on GVAMHS Triage 1300 369 005 (local call charges)
My Fellowship	David Cahill - Regional Manager  Jess Jenson	Individual Client Support Packages Youth Residential Rehabilitation Family Education and Respite  No counselling role - Case Management services	Goulburn Valley & Hume Region  Yea	5822 8600  5736 0478
Mind Australia	Michael Harding Area Manager	Individual Client Support Packages Youth Residential Rehabilitation	Goulburn Valley & Hume Region	0417 554 023
Habitat for Humanity	Jenny Curtis	No counselling service – provide housing for partner families experiencing low income/housing stress. 25 houses allocated for Yea	Kilsyth South	8720 9200
Goulburn Valley Centre Against Sexual Assault		On-going counselling service for victims of sexual assault – outreach services with waiting list no more than 2 weeks	Shepparton	5831 2343 1800 112 343
ACSO Connect		Front door access into mental health Community Support Services & Alcohol & other Drug Treatment Services	Shepparton Hume Region - Hume & Goulburn Valley catchments	5823 0600 or 1300 022 760 (1300 0 ACSO) Monday to Friday 9.00am - 5.00pm
Primary Care Connect Consortium ( Primary Care Connect – Lead Agent Nexus Primary Health, Goulburn Valley Medicare Local & Youth Support & Advocacy Service( YSAS)	Kim Scott Manager Regional Health and Community Services	Alcohol & other drug treatment provider offering: Counselling Care & Recovery co-ordination Non-residential withdrawal	Goulburn Valley Catchment ( LGA's – City of Greater Shepparton, Moira, Strathbogie, Mitchell, Murrindindi )	03 5823 3278
ODYSSEY House Goulburn Valley Alcohol & other Drugs Service ( Consortium of Goulburn Valley Health – lead agency, Odyssey House Victoria, Salvocare, Goulburn Valley Medicare Local)	Lisa Pearson Manager  Pamela Heers  Glen Pratt  Withdrawal Nurse	Alcohol & other drug treatment provider offering:  Counselling Mon/Wed/Thurs; based in Seymour but do outreach  Care & Recovery co-ordination all ages. Based in Seymour but do outreach.  Non-residential withdrawal	Goulburn Valley Catchment ( LGA's – City of Greater Shepparton, Moira, Strathbogie, Mitchell, Murrindindi )	03 5766 6399
Gateway Health Consortium Gateway health –lead, Hume		Alcohol & other drug treatment provider offering: Counselling	Hume Catchment ( LGA's – Towong, Wodonga Rural City,	1800 657 573

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Medicare Local, Upper Murray Family Care, Youth Support & Advocacy Service ( YSAS) Odyssey House Victoria		Care & Recovery co-ordination Non-residential withdrawal	Indigo, Wangaratta Rural City, Alpine, Benalla Rural City, Mansfield )	
Rumbalara Aboriginal Corporation	Kim Segigk	Alcohol and other drug treatment program. Mental Health Community Support Capacity Building	Mooroompna Goulburn Valley Catchment	5820 0000
Mungabareena Aboriginal Corporation	Caine Raudino	Mental Health Community Support Capacity Building	Hume Catchment	(02) 6024 7599
Department of Health	Debbie Challman  Sheila Burns	Alcohol & Other Drugs Program & Service Advisor ( PASA )  Mental Health Program & Service Advisor ( PASA )	Hume Region	57 22 0902  57 22 0612
Rural Housing Network		Housing	Hume Region	5735 2000
The Bridge Youth Service	Bonnie Williams	Young people aged 12-25	www.thebridge.org.au	5799 1298 5831 2390

## Online or Hotline Mental Health and Alcohol and Other Drug agencies (source Dept. of Health)

There are a number of ways that you can seek advice, information and referral for general and mental health issues in Victoria.

- In case of emergency, please call 000.

Line	Provides:	Number	Operating Hours	Website
Beyondblue	Information on depression, anxiety and related disorders.	1300 22 4636	24 hours/7 days	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
Lifeline	Access to crisis support, suicide prevention and mental health support services.	13 11 14	24 hours/7 days	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
Mind Health Connect	This site is your trusted gateway to issues surrounding mental health care and your first step to finding relevant support and resources to meet your needs.	1800 022 222	24 hours/7 days	<a href="http://www.mindhealthconnect.org.au">www.mindhealthconnect.org.au</a>
Griefline	Free, confidential telephone counselling services to anyone in the community who may need support in order to express their feelings and experiences.	9935 7400	12.00pm – 3.00am 7 days a week	<a href="http://www.griefline.org.au">www.griefline.org.au</a>
SANE	Information about treatments, symptoms, medications, where to go for	1800 187 263	Monday to Friday 9.00am – 5.00pm	<a href="http://www.sane.org">www.sane.org</a>

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	support and help for carers.			
ARAFEMI Carer Helpline	Free, confidential information, support and referral for family, carers and friends of people with a mental illness.	1300 550 265	9.00am- 5.00pm weekdays	<a href="http://www.mindaustralia.org.au">www.mindaustralia.org.au</a>
DirectLine	Immediate counselling (including crisis intervention), support in dealing with the impact of drug use on the family, and information and referral to treatment and support services across Victoria.	1800 888 236	24 hours a day/7 days a week	<a href="http://www.health.vic.gov.au/aod/directline.htm">www.health.vic.gov.au/aod/directline.htm</a>
Family Drug Help	Information about drugs and their effects, support and referrals.	1300 660 068	9.00am – 9.00pm weekdays	<a href="http://www.familydrughelp.org.au">www.familydrughelp.org.au</a>
SuicideLine VIC	Specialist telephone counselling and information to anyone affected by suicide.	1300 651 251	24 hours/7 days	<a href="http://www.suiceline.org.au">www.suiceline.org.au</a>
PANDA	Counselling for people affected by post or ante natal depression	1300 726 306	9.00am – 7.00pm weekdays	<a href="http://www.panda.org.au">www.panda.org.au</a>
Gambler's helpline	Free, professional and confidential counselling for people experiencing an issue with their gambling, including family and friends.	1800 858 858	24 hours/7 days	<a href="http://www.problemgambling.vic.gov.au">www.problemgambling.vic.gov.au</a>
Kids HelpLine	Free, private and confidential telephone and online counselling service for young people aged between 5 and 25.	1800 551 800	24 hours/7days	<a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a>
OCD and Anxiety Helpline	Assistance to callers to understand and manage symptoms of anxiety disorders and depression, and referral to community and health services.	1300 269 438 or 9830 0533	10.00am - 4.00pm weekdays	<a href="http://www.arcvic.org.au">www.arcvic.org.au</a>
Headspace	Online and telephone support and counselling to people aged 12 to 25.	1800 650 890	Telephone: 10.00am - 1.00pm Online counselling: 10.00am - 1.00pm	<a href="http://www.eheadspace.org.au">www.eheadspace.org.au</a>

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Mensline	Telephone and online support, information and referral service, advice for men to deal with relationship problems in a practical and effective way.	1300 78 99 78	24 hours/7 days	<a href="http://www.mensline.org.au">www.mensline.org.au</a>
Bush crisis line	Telephone support and debriefing service for multi-disciplinary remote and rural health practitioners and their families.	1800 805 391	24 hours/7 days	
Suicide call back	Crisis counselling to people at risk of suicide, carers for someone who is suicidal and those bereaved by suicide.	1300 659 467	24 hours/7 days	<a href="http://www.suicidecallbackservice.org.au/">www.suicidecallbackservice.org.au/</a>
Parentline	State-wide telephone counselling, information and referral for parents and carers with children from birth to eighteen years.	13 22 89	8.00am midnight/ 7 days	<a href="http://www.education.vic.gov.au/earlychildhood/parentline/">www.education.vic.gov.au/earlychildhood/parentline/</a>
Safe Steps Women's Domestic Violence	Support and ideas, advice about how the law can help protect people and information about places to stay to get away from domestic violence.	Phone (03) 9322 3555 or 1800 015 188 (24 hours)	24 hours/ 7 days	
Gay and Lesbian Switchboard	Free and confidential telephone counselling, referral and information for the Victorian and Tasmanian gay, lesbian, bisexual, transgender and intersex (GLBTI) communities.	1800 184 527	Mon-Thurs 6.00am -10.00pm Fri Sun 6.00pm - 9.00pm	<a href="http://www.switchboard.org.au">www.switchboard.org.au</a>
Sexual Assault Crisis Line Victoria	State wide, after hours, confidential, telephone crisis counselling service for victim/survivors of past and recent sexual assault.	1800 806 292	Monday to Friday 9.00am – 5.00pm and after hours	<a href="http://www.vcasa.com.au">www.vcasa.com.au</a>

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