

## Gippsland Mental Health Service Directory

The Gippsland Mental Health Service Directory ties together the various pathways to mental health and other services that support Gippsland people impacted by mental illness and increases the accessibility of the mental health system to a wide range of health and community support professionals.

Gippsland PHN funded services are up to date as of August 2022, state and other funded services are updated to the best of our knowledge. This is not a complete list of providers in the region and the inclusion of providers on this list does not imply that they are endorsed by GPHN in preference to any other providers. There is no cost to the client for PHN Commissioned services. Some services have eligibility and exclusion criteria.

This Service Directory will be updated over time to reflect any changes to primary mental health services. Please send any updates to [info@gphn.org.au](mailto:info@gphn.org.au).

Primary Health Network Funded

State and Other Funded Services

Phone and Digital Services

Program Name	Provider	Population	Local Government Area	How to access service	Description
<b>Gippsland Primary Health Network Funded Services</b>					
Head to Health	Warragul Specialist Centre	All	Baw Baw	T. 1800 595 212 W. <a href="http://headtohealthvic.org.au/">headtohealthvic.org.au/</a> Self-referral, GP, Family/Carer	Multi-disciplinary mental health clinicians assist in finding the most appropriate support. This may include support for mild and moderate presentations.
Head to Health	Inglis Medical Centre	All	Wellington	T. 1800 595 212 W. <a href="http://headtohealthvic.org.au/">headtohealthvic.org.au/</a> Self-referral, GP, Family/Carer	Multi-disciplinary mental health clinicians assist in finding the most appropriate support. This may include support for mild and moderate presentations.
Primary Mental Health Stepped Care and Suicide Prevention Program	Developing Minds - Calm Kid Central	Children 4-11 years	Regional	W. <a href="http://calmkidcentral.com">calmkidcentral.com</a>	Low intensity online resources to parents/carers and professionals geared at 4-11-year old children to help them deal with "big feelings". Membership of the Calm Kid Central online program is free for Gippsland families.
Childhood Mental Health Service – Connect Me	Relationships Australia Victoria	Children 4-11 years	Regional	T. 5175 9500 E. <a href="mailto:traralgon@rav.org.au">traralgon@rav.org.au</a> W. <a href="http://relationshipsaustralia.org.au/news/connect-me">relationshipsaustralia.org.au/news/connect-me</a>	A free counselling and support program for 4-11-year olds in Gippsland.
Primary Mental Health Stepped Care and Suicide Prevention Program	Foster Medical Centre	Adults	South Gippsland	T. 03 5682 2088 W. <a href="http://fostermedical.com.au">fostermedical.com.au</a>	Clinical care and care coordination led by a mental health nurse using a combination of GP care, allied Health and links to psychiatry.

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Primary Mental Health Stepped Care and Suicide Prevention Program	Gippsland Lakes Complete Health	All	East Gippsland	T. 03 5155 8300 W. <a href="http://glch.org.au">glch.org.au</a>	Psychological services, clinical services through primary care; clinician-assisted digital mental health.
Primary Mental Health Stepped Care and Suicide Prevention Program - Support After Suicide	Jesuit Social Services	All	Regional	T. 03 9421 7640 E. <a href="mailto:aftersuicide@jss.org.au">aftersuicide@jss.org.au</a> W. <a href="http://jss.org.au/what-we-do/mental-health-and-wellbeing/support-after-suicide/">jss.org.au/what-we-do/mental-health-and-wellbeing/support-after-suicide/</a>	Suicide bereavement counselling service, support groups and resources for people impacted by suicide.
Child and Youth Mental Health Service - headspace centre in Morwell	Latrobe Community Health Service	Young people (headspace) 12-25 years	Latrobe and Baw Baw	T. 1800 242 696 W. <a href="http://headspace.org.au/headspace-centres/morwell/">headspace.org.au/headspace-centres/morwell/</a>	headspace supports young people with mental Health, physical health (including sexual Health), alcohol and other drug services, as well as work and study support.
Primary Mental Health Stepped Care and Suicide Prevention Program	Migdala House (Erin Dolan & Associates)	All	Baw Baw, Orbost, Bass Coast	T. 03 5622 0716 W. <a href="http://healthdirect.gov.au/australian-health-services/23024853/erin-dolan-and-associates/services/warragul-3820-albert">healthdirect.gov.au/australian-health-services/23024853/erin-dolan-and-associates/services/warragul-3820-albert</a>	Psychological services, clinical services through primary care; clinician-assisted digital mental Health.
Primary Mental Health Stepped Care and Suicide Prevention Program	Outcome Health	Adults	Regional	T. 03 8822 8444	Clinical care and care coordination led by a mental health nurse using a combination of GP care, allied Health and links to psychiatry.
Child & Youth Mental Health Service - headspace satellite site - Sale	Relationships Australia Victoria	Young people (headspace) 12-25 years	Wellington (Sale Satellite site)	T. 0458 558 225 W. <a href="http://headspace.org.au/headspace-centres/sale/">headspace.org.au/headspace-centres/sale/</a>	headspace supports young people with mental Health, physical health (including sexual Health), alcohol and other drug services, as well as work and study support.
Child & Youth Mental Health Service - headspace centre in Bairnsdale			East Gippsland	T. 03 5141 6200 W. <a href="http://headspace.org.au/headspace-centres/bairnsdale">headspace.org.au/headspace-centres/bairnsdale</a>	headspace supports young people with mental Health, physical health (including sexual Health), alcohol and other drug services, as well as work and study support.

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<b>Gippsland Primary Health Network Funded Services</b>					
Child & Youth Mental Health Service - headspace centre in Wonthaggi and five headspace Youth Access Clinics are located in Foster, Leongatha, Korumburra, Mirboo North and Cowes.	Relationships Australia Victoria	Young people (headspace) 12-25 years	Bass Coast, South Gippsland	T. 03 5671 5900 W. <a href="https://headspace.org.au/headspace-centres/wonthaggi/">headspace.org.au/headspace-centres/wonthaggi/</a>	headspace supports young people with mental Health, physical health (including sexual Health), alcohol and other drug services, as well as work and study support.
Mental Health counselling for secondary schools	Enhancing Mental Health in Secondary Schools – (RAV/headspace Bass Coast/South Gippsland – Wonthaggi	Young people at secondary school	Bass Coast & South Gippsland	T. 03 5671 5900 W. <a href="https://headspace.org.au/headspace-centres/wonthaggi/">headspace.org.au/headspace-centres/wonthaggi/</a>	One on one student counselling sessions delivered through headspace Wonthaggi clinician and via a dedicated regional telehealth counselling service for students who attend a secondary school that is more than 60 kms from their nearest headspace centre.
Mental Health counselling for secondary schools	Enhancing Mental Health in Secondary Schools (RAV/headspace Bairnsdale)	Young People Secondary School Students	East Gippsland/Wellington	T. 03 5141 6200 W. <a href="https://headspace.org.au/headspace-centres/bairnsdale/">headspace.org.au/headspace-centres/bairnsdale/</a>	One on one student counselling sessions Delivered through Bairnsdale headspace clinician and via a dedicated regional telehealth counselling service for students who attend a secondary school that is more than 60kms from their nearest headspace centre.
Primary Mental Health Stepped Care and Suicide Prevention Program	Royal Flying Doctor Service	All	East Gippsland / Wellington/Bass Coast	T. 03 8412 0480 E. <a href="mailto:wellbeing@rfdsvic.com.au">wellbeing@rfdsvic.com.au</a> W. <a href="https://flyingdoctor.org.au">flyingdoctor.org.au</a> Referral via GP or by contacting directly	Provides access to free mental health and wellbeing services for people living in rural and remote communities Delivering services out of Mallacoota, Far East Gippsland, Maffra, Yarram (servicing Port Albert and Welshpool) and Bass Coast.

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<b>Gippsland Primary Health Network Funded Services</b>					
Bushfire Counselling	Royal Flying Doctors Service (RFDS)	All	East Gippsland	T. 1800 001 068 E: <a href="mailto:bushfiresupport@rav.org.au">bushfiresupport@rav.org.au</a> W. <a href="http://flyingdoctor.org.au">flyingdoctor.org.au</a>	Free and confidential counselling and support is available for individuals, families and emergency service workers affected by the 2019-20 bushfires in East Gippsland.
Bushfire Counselling	Relationships Australia (Victoria) (RAV)	All	East Gippsland	T. 1800 001 068 E: <a href="mailto:bushfiresupport@rav.org.au">bushfiresupport@rav.org.au</a> W. <a href="http://relationshipsaustralia.org.au">relationshipsaustralia.org.au</a>	Free and confidential counselling and support is available for individuals, families and emergency service workers affected by the 2019-20 bushfires in East Gippsland.
Primary Mental Health Stepped Care and Suicide Prevention Program	Olivia's Place	Women and partners at any stage of pregnancy and in the first year of their child's life.	Latrobe and Baw Baw	T: 030 5622 1022 W: <a href="http://oliviasplace.org.au/">oliviasplace.org.au/</a>	Psychological services, clinical services through primary care; clinician-assisted digital mental Health.
Primary Mental Health Stepped Care and Suicide Prevention Program	South Gippsland Hospital	All	South Gippsland	T. 03 5683 9777 W. <a href="http://southgippslandhospital.com.au">southgippslandhospital.com.au</a>	Psychological services, clinical services through primary care; clinician-assisted digital mental Health.
Primary Mental Health Stepped Care and Suicide Prevention Program	Uniting Gippsland	All	South Gippsland	T. 03 5662 5150 W. <a href="http://vt.uniting.org/locations/gippsland">vt.uniting.org/locations/gippsland</a> W. <a href="http://unitingvictas.org.au/services/mental-health/counselling/">unitingvictas.org.au/services/mental-health/counselling/</a>	Psychological services, clinical services through primary care; clinician-assisted digital mental Health.
Integrated Team Care	Ramahyuck District Aboriginal Corporation	Adults Aboriginal community	Wellington/Latrobe/Baw Baw	T. 03 5143 1644 W. <a href="http://ramahyuck.org/primary-health-care-services">ramahyuck.org/primary-health-care-services</a>	A community controlled, member-based health and wellbeing organisation delivering services aligned with the aspirations of Aboriginal families living on the lands of the Gunai Kurnai people. Primary health care service with clinics in Sale and Morwell. Includes: Mental health counselling and psychiatric services and Drug and Alcohol counselling.

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<b>Gippsland Primary Health Network Funded Services</b>					
Primary Mental Health Stepped Care and Suicide Prevention Program	The Way Back Support Service	All	Regional	T. 1300 111 400 or 5622 4140 W. <a href="https://www.wellways.org/our-services/the-way-back-support-service">wellways.org/our-services/the-way-back-support-service</a>	For people who have attempted suicide or experienced a suicidal crisis. Provides non-clinical, practical support in the community for up to three months.
Doctors in Secondary Schools at Bairnsdale Secondary College	Gippsland Lakes Complete Health	Secondary School Students	East Gippsland	Via School Wellbeing team, school teachers, self-referral W. <a href="https://www.glch.org.au">glch.org.au</a>	General practitioners (GPs) and Practice Nurses provide medical advice and health care to students most in need.
Doctors in Secondary Schools at Drouin Secondary College	Central Clinic	Secondary School Students	Baw Baw	School Wellbeing team, school teachers, self-referral W. <a href="https://www.centralclinic.com.au/">centralclinic.com.au/</a>	General Practitioner (GP) and Practice Nurse provide medical advice and healthcare to students presenting to the Doctors in Secondary Schools clinic onsite at Drouin Secondary College
Doctors in Secondary Schools at Kurnai College	Latrobe Community Health Service	Secondary School Students	Latrobe	School Wellbeing team, school teachers, self-referral W. <a href="https://www.glch.org.au">glch.org.au</a>	General practitioners (GPs) and Practice Nurses provide medical advice and health care to students most in need.
Doctors in Secondary Schools at Maffra Secondary College	Maffra Medical Group	Secondary School Students	Wellington	School Wellbeing team, school teachers, self-referral W. <a href="https://www.mafframedical.com">mafframedical.com</a>	General practitioners (GPs) and Practice Nurses provide medical advice and health care to students most in need.
Doctors in Secondary Schools at Neerim Secondary College	Neerim South Medical Centre	Secondary School Students	Baw Baw	School Wellbeing team, school teachers, self-referral W. <a href="https://www.nsmc.net.au">nsmc.net.au</a>	General practitioners (GPs) and Practice Nurses provide medical advice and health care to students most in need.
Doctors in Secondary Schools at Sale Secondary College	Sale Medical Centre	Secondary School Students	Wellington	School Wellbeing team, school teachers, self-referral W. <a href="https://www.salemedical.com.au">salemedical.com.au</a>	General practitioners (GPs) and Practice Nurses provide medical advice and health care to students most in need.
Doctors in Secondary Schools at Swifts Creek P-12	Gippsland Lakes Complete Health	Secondary School Students	East Gippsland	School Wellbeing team, school teachers, self-referral W. <a href="https://www.glch.org.au">glch.org.au</a>	General practitioners (GPs) and Practice Nurses provide medical advice and health care to students most in need.
Doctors in Secondary Schools Traralgon Secondary College	Latrobe Community Health Service	Secondary School Students	Latrobe	School Wellbeing team, school teachers, self-referral W. <a href="https://www.lchs.com.au">lchs.com.au</a>	General practitioners (GPs) and Practice Nurses provide medical advice and health care to students most in need.
Doctors in Secondary Schools at Warragul Regional College	TBA	Secondary School Students	Baw Baw	School Wellbeing team, school teachers, self-referral	General practitioners (GPs) and Practice Nurses provide medical advice and health care to students most in need.

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<b>Gippsland Primary Health Network Funded Services</b>					
Mental Health in Aged Care	Wellways	Residents living in or transitioning to Aged Care Facilities	Bass Coast, South Gippsland, Baw Baw, Latrobe, Wellington, East Gippsland	RACF staff, Self-referral, Family/Carer W. <a href="http://wellways.org/our-services/mhiac-mental-health-aged-care">wellways.org/our-services/mhiac-mental-health-aged-care</a>	Mental Health in Aged Care supports residents living in, or transitioning to, Residential Aged Care Facilities across Gippsland.
Doctors in Secondary Schools at Drouin Secondary School.	Central Clinic	Secondary School Students	Baw Baw	W. <a href="http://centralclinic.com.au/">centralclinic.com.au/</a> Self-referral, School wellbeing team.	General practitioners (GPs) and Practice Nurses provide medical advice and health care to students most in need.
Head to Health	Head to Health Intake	All	Regional	T. 1800 595 212 W. <a href="http://headtohealthvic.org.au">headtohealthvic.org.au</a> Self-referral, GP, Family/Carer	When a person calls Head to Health on 1800 595 212, an experienced mental Health professional will listen and work with them to find the best ways to get the help they need.
Alcohol & Other Drug Treatment Services	Australian Community Support Organisation (ACSO)	AOD consumers	Regional	T. 1300 022 760 W. <a href="http://acso.org.au/aod-mh-support">acso.org.au/aod-mh-support</a> W. <a href="http://www.acso.org.au/contact">www.acso.org.au/contact</a>	ACSO provides intake, assessment and referral to treatment and the Short Term Intervention Program (STIP) for people experiencing alcohol and drug issues in Gippsland. ACSO also offer Family and Carer Support programs. Other services include: Mental Health NDIS Access (for people 16-64 years with a mental health illness which significantly impacts daily functioning, ACSO supports to access appropriate supports and services); Youth Residential Recovery & Outreach Supports.
Alcohol & Other Drug Treatment Services	Youth Support and Advocacy Service (YSAS)	Youth (12-21)	La Trobe Valley, Baw Baw, Bass Coast, South Gippsland and Wellington	T. 03 5133 3411 W. <a href="http://ysas.org.au/programs-east/ysas-gippsland-site">ysas.org.au/programs-east/ysas-gippsland-site</a> <a href="mailto:gippsintake@ysas.org.au">gippsintake@ysas.org.au</a>	YSAS drug and alcohol workers provide outreach support assisting young people who have problems with drug and/or alcohol use.
Alcohol & Other Drug Treatment Services	Latrobe Community Health Service	Youth (12-25)	Latrobe and Baw Baw	Via central Intake ACSO 1300 022 760 Or for more information W. <a href="http://lchs.com.au/services/gambling-alcohol-drugs/alcohol-and-drugs/">lchs.com.au/services/gambling-alcohol-drugs/alcohol-and-drugs/</a> W. <a href="http://lchs.com.au/contact-us">lchs.com.au/contact-us</a> <a href="mailto:info@lchs.com.au">mailto:info@lchs.com.au</a>	The Breaking the Cycle program provides drug and alcohol support for young people.

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State or other funded programs				
Anglicare	All	Regional	T. 1800 809 722 W. <a href="http://anglicarevic.org.au">anglicarevic.org.au</a>	Supports for children, young people and families experiencing disadvantage. Services include: alcohol/drug support, children & young people, community support programs, family & parenting support, family violence, emergency relief, foster care. Locations: Morwell, Bairnsdale, Warragul, Korumburra, Wonthaggi, Leongatha, Rosedale.
Australian Community Support Organisation (ACSO)	All - AOD consumers and carers	Regional	T. 1300 022 760 W. <a href="http://www.acso.org.au/aod-mh-support">www.acso.org.au/aod-mh-support</a>	Mental Health NDIS Access (for people 16-64 years with a mental health illness which significantly impacts daily functioning, ACSO supports to access appropriate supports and services); Youth Residential Recovery & Outreach Supports.  Other services include: Intake, assessment and referral to treatment and the Short Term Intervention Program (STIP) for people experiencing alcohol and drug issues in Gippsland.
Bairnsdale Regional Health Service	All	East Gippsland	T. 03 5150 3333 W. <a href="http://brhs.com.au/">brhs.com.au/</a>	Bairnsdale Regional Health Service, which includes a Emergency Department and Community Health services.
Bass Coast Health	All	Bass Coast	T. 03 5671 3343 W. <a href="http://gha2.net.au/BCH">gha2.net.au/BCH</a>	Wonthaggi Hospital, which includes Emergency Department. Community Support Services include: Mental Health Counselling, Generalist Counselling Services, Youth Counselling, Alcohol/Drug Services. Service sites include: Phillip Island Health Hub (Cowes). LRH provides Community Mental Health services onsite.
Berry Street	Children, young people, families	Regional	T. 03 5134 5971 W. <a href="http://berrystreet.org.au/contact-us/gippsland-region">berrystreet.org.au/contact-us/gippsland-region</a>	Family services organisation, supporting children, young people and families. Morwell office supports Gippsland region. Services include: therapeutic services, adolescent support, intensive case management, education support services, Morwell 4 Kids, kinship care, residential care, The Gathering Place (community centre).
Bush Nursing Centres Buchan Cann Valley Dargo Ensay Gelantipy Swifts Creeks	All	East Gippsland and Wellington	T. 03 5155 9222 T. 03 5158 6210 T. 03 5140 1246 T. 03 5157 3215 T. 03 5155 0274 T. 03 5159 4210	Small health centres that provide rural and remote communities access to health and nursing services. Centres operate at: Buchan, Cann Valley, Dargo, Ensay, Gelantipy, Swifts Creeks.
Butterfly Foundation	All	Regional	T. 1800 33 4673 W. <a href="http://butterfly.org.au/get-support/how-we-help/">butterfly.org.au/get-support/how-we-help/</a>	Support for eating disorders and body image issues. Phone and digital service.

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<b>State or other funded programs</b>				
CatholicCare Gippsland	Families and individuals	Latrobe, Baw Baw	T. 1800 522 076 W. <a href="http://cam.org.au/">cam.org.au/</a>	Child, family and youth services, family relationship services, school counselling and pastoral care services, social housing, homelessness services (crisis, transitional and outreach), employment and advocacy services. Offices in Traralgon & Warragul.
Central Gippsland Health Service	All	Wellington	T. 03 5143 8600 W. <a href="http://cghs.com.au/">cghs.com.au/</a>	Sale Hospital which includes an Emergency Department. Community program includes Community Social Work / Counselling, including Youth Counsellor. Provides supports for: relationship breakdown, grief and loss and depression, other issues.
Department of Education and Training - SSS and School Nurse program	Young people within government schools	Regional	Via student's school W. <a href="http://www2.education.vic.gov.au/pal/student-support-services/policy">www2.education.vic.gov.au/pal/student-support-services/policy</a>	Student Support Services (SSS) teams are comprised of professionals including: psychologists; speech pathologists; social workers.SSS supports schools to assist children and young people facing barriers to learning to achieve their educational and developmental potential.
Doctors in Secondary Schools (DISS)	Young people within selected government schools	Regional (select schools only)	Via student's school W. <a href="http://www2.education.vic.gov.au/pal/student-support-services/policy">www2.education.vic.gov.au/pal/student-support-services/policy</a>	General practitioners (GPs) provide medical advice and health care to students in the school setting. Please see PHN Commissioned tab for each individual school.
Gippsland Southern Health Service	All	South Gippsland	T. 03 5667 5555 W. <a href="http://gshs.com.au">gshs.com.au</a>	Acute hospital service in Leongatha and Korumburra with no specialist mental health service and no Emergency Department. Drug and alcohol services including: counselling; withdrawal; care & recovery coordination. Tarwin Lower & District Community Health Centre offers private clinical psychology service (Banksia Health Care).
Forensicare	Young people and adults	Regional	check website for required service W. <a href="http://forensicare.vic.gov.au/">forensicare.vic.gov.au/</a>	State forensic mental health care provider, meeting the needs of consumers with serious mental illnesses across the justice system, mental health sectors and the community.
Gippsland Centre Against Sexual Assault	All	Regional	T. 03 5134 3922 W. <a href="http://gcasa.org.au/">gcasa.org.au/</a>	Community-based organisation providing free and confidential service, available to anyone in Gippsland who has ever been impacted by sexual assault.



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<b>State or other funded programs</b>				
Gippsland East Gippsland Aboriginal Cooperative (GEGAC)	Aboriginal community	East Gippsland, Wellington Latrobe Valley, Baw Baw	T. 03 5150 0700 W. <a href="http://gegac.org.au/">gegac.org.au/</a>	Serving the Aboriginal and wider East Gippsland communities, from Bairnsdale location. Brabuwoolooong Medical Service includes mental health plans and visiting psychologist. Brayakoolooong Community Wellbeing Centre in Morwell provides counselling, education, referrals and linkages for individuals and families in the Latrobe and Baw Baw regions. Services include Alcohol and other Drug counselling and support, Gambling Awareness, Intensive Case Co-ordination.
Gippsland Lakes Complete Health	All	East Gippsland	T. 03 5155 8300 W. <a href="http://glch.org.au/">glch.org.au/</a>	Counselling for people who are experiencing a range of issues and problems, including: grief; depression; anxiety; family and relationship issues; support after diagnosis of a disease; stress when caring for a loved one with an illness or disability; other issues. Alcohol and Drug team provide a range of services and support to people who would like help to control their alcohol and drug use, including support for families and carers.
headspace centres Morwell Wonthaggi Sale Bairnsdale	Young people (12-25 years)	Regional	T. 03 5136 8300 T. 03 5671 5900 T. 0458 558 225 T. 03 5141 6200 W. <a href="http://headspace.org.au/">headspace.org.au/</a>	headspace supports young people with mental Health, physical health (including sexual Health), alcohol and other drug services, as well as work and study support headspace centres in: Morwell; Wonthaggi; Sale; Bairnsdale. Please see PHN Commissioned for each individual service.
Lake Tyers Health and Children's Services	Aboriginal community	East Gippsland	T. 03 5155 8500 W. <a href="http://djillayngalu.org.au/lth-cs.html">djillayngalu.org.au/lth-cs.html</a>	Aboriginal Community Controlled Health Organisation based at Lake Tyers Aboriginal Trust. Services include: Mental Health; Alcohol and Drug Counselling and Referral; General Practitioner; Social and Emotional Counselling and Referral.
Lakes Entrance Aboriginal Health Association	Aboriginal community	East Gippsland	T. 03 5155 8465 W. <a href="http://glch.org.au/aboriginal-services/lakes-entrance-aboriginal-health-association/">glch.org.au/aboriginal-services/lakes-entrance-aboriginal-health-association/</a>	Aboriginal Community Controlled Health Organisation based in Lakes Entrance, supporting community around Lakes Entrance, Lake Tyers beach, Lake Bunga, Swan Reach, Tambo Upper, Metung and surrounding areas. Services include: Mental Health; Counselling Services on Wednesdays; Social and emotional counselling/referral.
Latrobe Community Health Services	All	Latrobe, Bass Coast, Baw Baw, South Gippsland	T. 1800 242 696 W. <a href="http://lchs.com.au">lchs.com.au</a>	Latrobe Community Health Service offers services to help improve your mental Health, through qualified counsellors, and / or referral.

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State or other funded programs				
Latrobe Regional Hospital. Mental Health Triage. Community Mental Health Services. Inpatient Services. Child and Youth Mental Health Services	All	Regional	T. 1300 363 322 W. <a href="http://lrh.com.au/">lrh.com.au/</a>	Specialist Area Mental Health Services for Gippsland, providing: Mental Health Triage. Community Mental Health Services. Inpatient Services. Child and Youth Mental Health Services. Mental Health and Police Response. Mental Health Promotion.
Mallacoota District Health and Support Service	All	East Gippsland	T. 03 5158 0243 W. <a href="http://mallacoota.org.au/">mallacoota.org.au/</a>	Holistic health care services to Mallacoota District, Genoa, Wangarabell, Weeragua, Maramingo Creek, Wallagaraugh, Gipsy Point, Wroxham, and beyond. Allied health services include Family Counselling.
MIND Australia (mental health community support service)	Adults	Latrobe	T. 1300 286 463 W. <a href="http://mindaustralia.org.au/">mindaustralia.org.au/</a> E. mindconnect@mindaustralia.org.au	Community mental health service provider of individualised, evidence-based and recovery focussed supports. Services include: Wannik Gunyah, a youth residential rehabilitation in Traralgon and NDIS support coordination for anyone any age who has level 2 and 3 Support Coordination in their plans.
Mind Australia – Early Intervention Psychosocial Support Response- EIPSR	16-64	Regional	Referrals via Area Mental Health case management	Short to medium term, specialist psychosocial support to help consumers that are case-managed Area Mental Health to; build their capacity to better manage their mental illness; develop practical life skills for independent living and social connectedness, achieve healthy, functional lives, and if eligible, transition to the NDIS.
Mental Health and Wellbeing Hubs (delivered by MIND Australia)	Adults	Latrobe, Bass Coast	T. 1300 375 330 W. <a href="http://betterhealth.vic.gov.au/mental-health-and-wellbeing-hubs">betterhealth.vic.gov.au/mental-health-and-wellbeing-hubs</a> E. mentalhealthhubs@mindaustralia.org.au	The Mental Health and Wellbeing Hubs initiative aims to meet the increased demand for mental health support resulting from the stressors and concerns of the COVID-19 pandemic. The Hubs aim to relieve pressure on existing services by using community health and non-government mental health and wellbeing support organisations. The Gippsland Hubs are based on Wonthaggi and Cowes with outreach/in-community appointments available in Traralgon.

Provider	Population	Local Government Area	How to access	Description
State or other funded programs				
Moogji Aboriginal Council East Gippsland Inc.	Aboriginal community	East Gippsland	T. 03 5154 2133 W. <a href="https://www.facebook.com/moogji">facebook.com/moogji</a> W. <a href="https://naccho.org.au/members-affiliates/moogji-aboriginal-council-east-gippsland-inc/">naccho.org.au/members-affiliates/moogji-aboriginal-council-east-gippsland-inc/</a>	An Aboriginal Community Controlled Organisation providing services to the East Gippsland community around Orbost, Cann River and surrounds. Services include: counselling; a visiting psychiatrist; youth worker. Moogji has a wide range of support workers and provides referrals to assist community members with their mental Health.
Omeo District Health	All	East Gippsland	T. 03 5159 0100 W. <a href="https://odh.net.au/">odh.net.au/</a>	Urgent Care, Community Health & Medical Clinic. Community Services include Counselling, Social Work, Youth Services, wellbeing promotion.
Orange Door	People experiencing family violence	Regional	T. 1800 319 354 W. <a href="https://orangedoor.vic.gov.au/">orangedoor.vic.gov.au/</a>	The Orange Door is a free service for adults, children and young people who are experiencing or have experienced family violence and families who need extra support with the care of children. Offices in Morwell and Bairnsdale.
Orbost Regional Health	All	East Gippsland	T. 03 5154 6666 W. <a href="https://orbostregionalhealth.com.au/home">orbostregionalhealth.com.au/home</a>	Orbost Regional Health provides acute, urgent care, medical services. Community services includes Social Work, Counselling and Psychology services. Includes Orbost Medical Clinic which provides Mental Health Treatment Plans and Drug/Alcohol Counselling.
Private service providers (e.g., APS Find a psychologist service, National Health Services Directory)	All	Regional	W. <a href="https://psychology.org.au/Find-a-Psychologist">psychology.org.au/Find-a-Psychologist</a> W. <a href="https://about.healthdirect.gov.au/nhsd">about.healthdirect.gov.au/nhsd</a> W. <a href="https://aasw.asn.au/find-a-social-worker/search/">aasw.asn.au/find-a-social-worker/search/</a>	Australian Psychological Society - Find a psychologist service National Health Services Directory - Find private providers Australian Association of Social Workers - Find a Social Worker service.
Quantum Support Services	Young people, families	Regional	T. 1800 243 455 W. <a href="https://quantum.org.au/">quantum.org.au/</a>	Support for people across Gippsland experiencing Family Violence, Homelessness, Tenancy Support, Foster and Kinship Care. Provide a range of services assisting families, children and young people. For example: specialist family violence support service to women and their children within the Baw Baw, Latrobe, Wellington shires; Aboriginal Tenants At Risk; youth homelessness. Offices in Morwell, Warragul, Sale and Bairnsdale.
Queen Elizabeth Centre	Families with children 4 and under	Regional	T. 03 9549 2777 W. <a href="https://qec.org.au/">qec.org.au/</a>	QEC's Early Parenting Services offer programs for families with children from birth up to before the child's 4th birthday.

Provider	Population	Local Government Area	How to access	Description
State or other funded programs				
Ramahyuck District Aboriginal Corporation	Aboriginal community	Latrobe, Wellington	T. 03 5143 1644 W. <a href="http://ramahyuck.org/">ramahyuck.org/</a>	A community controlled, member-based health and wellbeing organisation delivering services aligned with the aspirations of Aboriginal families living on the lands of the Gunai Kurnai people. Primary health care service with clinics in Sale and Morwell. Includes: Mental health counselling and psychiatric services and Drug and Alcohol counselling.
Relationships Australia Victoria	All	Regional	T. 1300 369 630 W. <a href="http://relationshipsaustralia.com.au">relationshipsaustralia.com.au</a>	Relationship support services for individuals, families and communities. Services include: drought & bushfire counselling, Connect Me counselling for 4-11 year olds, couples counselling, i-Family mental health support, family dispute resolution, healthy relationships program for primary & secondary children.
STANDBY – SUPPORT AFTER SUICIDE Jesuit Social Services	All	Regional	T. Contact 1300 727 247 <a href="mailto:standby.easternmelb&amp;gippsland@jss.org.au">standby.easternmelb&amp;gippsland@jss.org.au</a>  W. <a href="http://www.standbysupport.com.au">http://www.standbysupport.com.au</a>	The StandBy program is focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life, including: <ul style="list-style-type: none"> <li>• Individuals</li> <li>• Families</li> <li>• Friends</li> <li>• Witnesses</li> <li>• First Responders</li> <li>• Service Providers</li> </ul> <p>Accessible 24 hours a day, seven days a week, providing free face-to face and/or telephone support at a time and place that is best for each individual or family.</p>
Uniting Gippsland	All	Regional East Gippsland	W. <a href="http://unitingvictas.org.au/locations/gippsland/">unitingvictas.org.au/locations/gippsland/</a>	A range of services in the region to help individuals, families and communities, providing emergency relief, carer services, homelessness & housing, foster care, Carer Gateway.
Wellways	Adults	Regional	T. 1300 111 500 W. <a href="http://wellways.org/">wellways.org/</a>	Mental health community support service, with offices in Warragul, Bairnsdale, Wonthaggi, Traralgon. Services include: NDIS support coordination; recovery coaching; Mental Health in Aged Care; The Way Back Support Service (after suicidal event).
West Gippsland Healthcare Group Counselling Service	All	Baw Baw	T. 03 5624 3500	A free and confidential service with a trained professional to discuss difficulties. Through talking, goal setting and problem solving, counselling can offer ways to think differently and assist in making changes. Services include; Family counselling, family violence counselling, generalist counselling and home support program for over 65s.

Provider	Population	Local Government Area	How to access	Description
<b>State or other funded programs</b>				
Windemere Child & Family Services	All	Regional	T. 1300 946 337 W. <a href="http://windermere.org.au/">windermere.org.au/</a>	Child and family services; disaster recovery support, victim and trauma assistance, early childhood intervention. Offices in: Warragul, Morwell.
Yarram District Health Service	All	Wellington	T. 03 5182 0222 W. <a href="http://ydhs.com.au/">ydhs.com.au/</a>	Youth & Family Services includes: social work, counselling (children, adolescents, adults), Mental Health Community Support Services (mental health disability).
YORS – Youth Outreach Recovery Program (delivered by MIND Australia)	Youth 16-25	Regional	T. 1300 022 760 W. <a href="http://mindaustralia.org.au">mindaustralia.org.au</a>	YORS is a Mental Health Community Support Service for young people aged 16-25 years who are experiencing mental health symptoms or significant psychological distress. Short to medium term flexible outreach wellbeing support to help them to better manage their mental health, develop practical life skills for independent living and self-care, engage in community life, access other health and social support services they need, and make the journey towards recovery and the life they want.

Provider	Population	Local Government Area	How to access	Description
<b>Phone and digital services available to people living in Gippsland</b>				
13YARN	All	Regional	T. 13YARN (13 92 76) W. <a href="http://13yarn.org.au/">13yarn.org.au/</a>	Thirteen YARN is the first national crisis support line for mob who are feeling overwhelmed or having difficulty coping. They offer a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide crisis support 24 hours a day, 7 days a week. 13YARN empowers our community with the opportunity to yarn without judgement and provides a culturally safe space to speak about their needs, worries or concerns.
Beyond Blue	All	Regional	T. 1300 22 4636 W. <a href="http://beyondblue.org.au/">beyondblue.org.au/</a>	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental Health, whatever their age and wherever they live.
Black Dog Institute	All	Regional	W. <a href="http://blackdoginstitute.org.au/">blackdoginstitute.org.au/</a>	Not-for-profit facility for diagnosis, treatment and prevention of mood disorders such as depression, anxiety and bipolar disorder. Online tools and mobile apps for mental Health and wellbeing developed and successfully tested through research trials that you can access anywhere at no cost.
BlueKnot	Childhood trauma	Regional	T. 1300 657 380 W. <a href="http://blueknot.org.au/">blueknot.org.au/</a>	Blue Knot provides information and support for anyone who is affected by complex trauma. Complex trauma is repeated, ongoing, and often extreme interpersonal trauma (between people) – violence, abuse, neglect or exploitation experienced as a child, young person and adult.
Butterfly Foundation	All - eating disorders	Regional	T. 1800 33 4673 W. <a href="http://butterfly.org.au/">butterfly.org.au/</a>	Support for eating disorders and body image issues.

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Phone and digital services available to people living in Gippsland				
Carers Vic	Carers 65+ (counselling). Information - all	Regional	T. 1800 514 845 W. <a href="https://carersvictoria.org.au/how-can-we-help-you">carersvictoria.org.au/how-can-we-help-you</a>	Carers Victoria is the statewide voice for family carers, representing and providing support to carers in Victoria.
DirectLine	All - drug and alcohol support	Regional	T. 1800 888 236 W. <a href="https://directline.org.au/">directline.org.au/</a>	DirectLine offers confidential counselling for people of all ages and backgrounds who are affected by alcohol or drugs.
eheadspace	Young people	Regional	T. 1800 650 890 W. <a href="https://headspace.org.au/eheadspace/">headspace.org.au/eheadspace/</a>	headspace offers online and telephone mental health support to young people aged 12-25 years and their families or friends.
Everymind	All - prevention, information and media support	Regional	T. 02 4924 6900 W. <a href="https://everymind.org.au/programs">everymind.org.au/programs</a>	Everymind is a leading national Institute dedicated to reducing mental ill-health, reducing suicide and improving wellbeing.
Gippsland Centre Against Sexual Assault (A/H crisis line)	All - sexual assault	Regional	T. 1800 806 292 W. <a href="https://gcasa.org.au/">gcasa.org.au/</a>	Gippsland Centre Against Sexual Assault (Gippsland CASA) provides free and confidential service; available to anyone in Gippsland who has ever been impacted by sexual assault.
Head to Health Intake	All	Regional	T. 1800 595 212 W. <a href="https://headtohealthvic.org.au/">headtohealthvic.org.au/</a>	Please see PHN Commissioned
Head to Health Website	All	Regional	W. <a href="https://headtohealth.gov.au/">headtohealth.gov.au/</a>	Head to Health website provides navigation to digital mental health services from some of Australia's most trusted mental health organisations. Provided by the Australian Department of Health, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.
Independent Mental Health Advocate	All - legal rights under Mental Health Act		T. 1300 947 820 W. <a href="https://imha.vic.gov.au/">imha.vic.gov.au/</a>	Support people who are receiving, or at risk of receiving, compulsory mental health treatment to make decisions and have as much say as possible about their assessment, treatment and recovery.

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Phone and digital services available to people living in Gippsland				
Kids Helpline	Children and young people	Regional	T. 1800 55 1800 W. <a href="http://kidshelpline.com.au/">kidshelpline.com.au/</a>	Kids Helpline is Australia's only free (including a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25.
Lifeline	All	Regional	T. 13 11 14 W. <a href="http://llg.org.au/">llg.org.au/</a>	National charity providing all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services
MensLine	Men	Regional	T. 1300 78 99 78 W. <a href="http://mensline.org.au/">mensline.org.au/</a>	MensLine Australia offers free professional 24/7 telephone or online counselling support for men with concerns about mental Health, anger management, family violence (using and experiencing), addiction, relationship, stress and wellbeing.
mindspot	All	Regional	T. 1800 61 44 34 W. <a href="http://mindspot.org.au/">mindspot.org.au/</a>	Free, online, personalised mental health care with MindSpot. MindSpot provides assessment and treatment for adults experiencing stress, anxiety, depression, OCD, PTSD, and chronic pain. All of our services are free, confidential, and online, and provide access to qualified therapists.
Open Arms	Veterans	Regional	T. 1800 011 046 W. <a href="http://openarms.gov.au/get-support/counselling">openarms.gov.au/get-support/counselling</a>	Open Arms – Veterans & Families Counselling (formerly VVCS) is Australia's leading provider of high-quality mental health assessment and clinical counselling services for Australian veterans and their families.
PANDA	Parents - perinatal anxiety and depression	Regional	T. 1300 726 306 W. <a href="http://panda.org.au/">panda.org.au/</a>	PANDA – Perinatal Anxiety & Depression Australia – supports the mental Health of parents and families during pregnancy and in their first year of parenthood.
Parents Beyond Breakup	Parents experiencing family breakdown and separation	Regional	T. 1300 853 437 W. <a href="http://parentsbeyondbreakup.com/">parentsbeyondbreakup.com/</a>	Parents Beyond Breakup supports parents experiencing trauma related to family breakdown and separation.
QLife	LGBTIQ+	Regional	T. 1800 184 527 W. <a href="http://qlife.org.au/">qlife.org.au/</a>	QLife provides Australia-wide anonymous, LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships.  QLife services are free and include both telephone and webchat support, delivered by trained LGBTI community members across the country. QLife services are for LGBTI individuals, their friends and families, and health professionals in Australia.
Reach Out	Young people, parents	Regional	W. <a href="http://reachout.com/">reachout.com/</a>	ReachOut.com helps under 25s with everyday questions through to tough times

Provider	Population	Local Government Area	How to access	Description
Phone and digital services available to people living in Gippsland				
Safe Steps	Family violence	Regional	T. 1800 015 188 W. <a href="http://safesteps.org.au/">safesteps.org.au/</a>	Safe Steps is Victoria's 24/7 family violence response centre, A 24/7 phone line to link in with a family violence specialist.
SANE	All	Regional	T. 1800 18 7263 W. <a href="http://sane.org/">sane.org/</a>	SANE Australia supports affected by complex mental illness including schizophrenia, bipolar, personality disorders, eating disorders, OCD, PTSD and severe depression and anxiety.
someone.health	All	Regional	W. <a href="http://someone.health">someone.health</a>	someone.health has a team of bulk billing psychologists available for video and telephone counselling 7 days a week. The team of Psychologists can support consumers in getting a referral in order to access bulk-billed sessions, or consumers can book with a referral from GP already in place.
Suicide Call Back Service	All	Regional	T. 1300 659 467 W. <a href="http://suicidecallbackservice.org.au/">suicidecallbackservice.org.au/</a>	Suicide Call Back Service is a nationwide service providing 24/7 telephone and online counselling to people affected by suicide.
Suicide Line Victoria	All	Regional	T. 1300 651 251 W. <a href="http://suicideline.org.au/">suicideline.org.au/</a>	Phone & online options for Suicidal Thoughts, Intervention, Risk Assessment, Safety Plans. Free counselling service. Services: anxiety, stress, depression symptoms.
Victorian Counselling & Psychological Services	All	Regional	T. 03 9419 7172 W. <a href="http://vcps.com.au">vcps.com.au</a>	A private mental health service, providing a full range of clinical, assessment and intervention services.
Wellways Helpline	All - mental ill health peer support and information	Regional	T. 1300 111 500 W. <a href="http://wellways.org/our-services/helpline">wellways.org/our-services/helpline</a>	Helpline is a volunteer support and referral service that provides information to people experiencing mental health issues, as well as their family, friends and carers. For people feeling socially isolated, seeking information about mental Health or services, or simply need someone to talk to.
Yarning SafeNStrong helpline	Aboriginal community	Regional	T. 1800 95 95 63 W. <a href="http://vahs.org.au/yarning-safenstrong/">vahs.org.au/yarning-safenstrong/</a>	Free and confidential counselling service for Aboriginal and Torres Strait Islander Peoples. Yarning SafeNStrong (YSNS) is available to people and families who need to have a yarn with someone about their wellbeing.