

# — OUR CLUB — SUPPORTING EACH OTHER

► **Mental Health Support in the Eastern Region**



If you see, hear or think that someone in your life needs support, there are ways which you can help.

## Urgent Mental Health Support



**For urgent mental health support or if someone is thinking of suicide, there are 24/7 help services available.**

**Lifeline** has a 24 hour telephone support line for people experiencing thoughts of suicide or mental health concerns.

Phone **13 11 14** or visit their website [here](#) for online chat 7pm-Midnight.

If you are worried someone is in immediate risk of hurting themselves, contact **000** or the local mental health triage service immediately on **1300 721 927**.

**The Eastern Mental Health Triage and Emergency Department Response Team** is **24/7** and can provide advice on what support should be offered to those and if necessary, send out a mental health worker.

## Non-urgent mental health support

For **non-urgent** mental health support, contact Partners in Wellbeing. The team will refer you to a wellbeing coach in your area.

The free service offers one-on-one support to help you improve your wellbeing after the Covid-19 pandemic and develop strategies to cope as you need it.

### Partners in Wellbeing

1300 375 330 or visit the website [here](#).

### Beyond Blue

Provides information, advice and resources about depression, anxiety and mental health.

**1300 22 4636** for 24/7 support

[beyondblue.org.au](https://beyondblue.org.au) online chat 7 days a week from 1pm-midnight

## Tips for checking in

To help you feel more comfortable about checking in or having a conversation with someone about their mental health, here are a few tips:



**Ask** if they want to talk about it. Use 'I' statements rather than 'you' statements such as 'I'm worried' or 'I've noticed'. They may not want to, or they may not be ready to talk, but asking them lets them know you care.



**Listen.** Acknowledge what they are feeling. Silence is ok even if it feels awkward at first. If you are finding it difficult to understand what they are talking about, ask them to explain further.



**Support** is the most important thing you can offer. Ask them what you can do to help and support them to explore their options. This could be through practical support or providing them with information about what professional supports are available.

**Beyond Blue** have some useful information and resources about how to talk to someone about how they are doing. To assist you with having the conversation check out the following:

[Talking to someone you are worried about](#)

[How to check in with someone](#)



Alcohol  
and Drug  
Foundation



Outer East  
Primary Care Partnership

