

# Looking after your Mental Health and Wellbeing...

Sale and District Specialist School recognises and understands that feelings of anxiety, distress and concern affect many people, especially during tough times and significant life events. The SDSS Wellbeing Team would like to share the following local wellbeing information and support services. Please feel free to call the school on 5144 5644 and ask to speak to someone in the team.

Most people in Victoria receive Mental Health Supports through their GP or community based health supports like a community health centre. Finding a trusted GP is a very important step in seeking support for your or a family members mental health. The following services call help direct you in finding the best option to suit your needs.



Parentline 1300 301 300



1800 888 320  
15-24yrs

**Uniting**

CHILDFIRST Integrated  
Family Services  
1300 786 433

[Open Arms - Veterans & Families Counselling](#) - 1800 011 046



## eheadspace contact

eheadspace is a national online and phone support service for young people between 12 and 25. It covers a wide range of topics and issues affecting mental health. Contact them online or by phone from 9am to 1am AEST, every day.

📞 [1800 650 890](tel:1800650890)

🌐 [eheadspace](http://eheadspace)



**FOR INFORMATION OR ADVICE**

1300 22 4636  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

**Morwell**

227 Princes Drive  
Call (03) 5120 2000

**Sale**

65 Macalister Street  
Call (03) 5120 2000

**Warragul**

36 Williams Street  
Call (03) 5622 7000

**Bairnsdale**

306 Main Street  
Call (03) 5152 8000



[info@withinaustralia.org.au](mailto:info@withinaustralia.org.au)

Telephone: 1300 737 412 (all locations)

[QLife](#) (counselling and referral service for LGBTI people) - call 1800 184 527 or chat online



**Call 1300 659 467**

- [MensLine Australia](#) 📞 - 1300 78 99 78

**East Gippsland**

**Bairnsdale (Head Office)**  
265 Main Street, Bairnsdale

**Wellington**

**Sale**  
Level 1, 89 Raymond Street, Sale, VIC 3850

**Latrobe Valley**

**Traralgon**  
18B Church Street, Traralgon, VIC 3844

**NURSE-ON-CALL**  
**1300 60 60 24**

24 HOUR HEALTH ADVICE FOR ALL VICTORIANS



1800 514 845

31-41 Buckley Street  
Morwell, 3840

**Postal address:** PO Box 1124 Morwell, 3840

**Phone:** 5134 3922

**Email:** [mail@gippscasa.org](mailto:mail@gippscasa.org)

**Website:** [www.gcasa.org.au](http://www.gcasa.org.au)