

Your mental health matters to us, always.

No matter how you are feeling, you can call the Murrumbidgee **Accessline** to chat with someone 24/7

1800 800 944



Learn more about your local services at
denimentalhealth.org.au



DENILIQVIN
**Mental
Health
Awareness
GROUP**

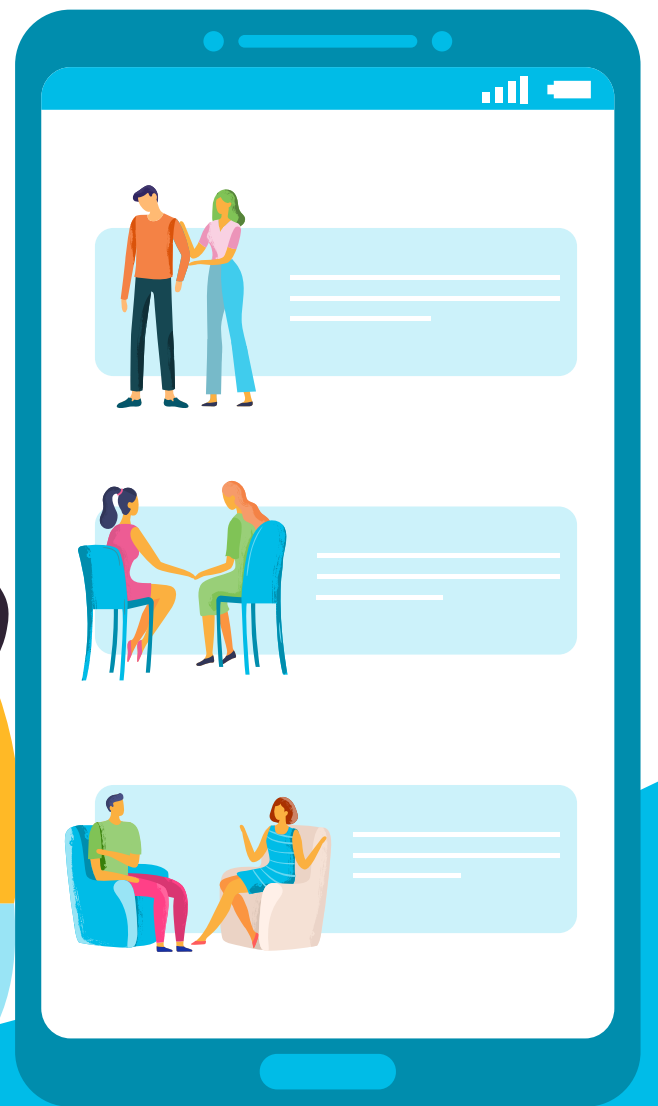
IF YOU NEED IMMEDIATE OR CRISIS SUPPORT CALL ACCESSLINE 1800 800 944
OR VISIT YOUR LOCAL HOSPITAL OR GP. IF A LIFE IS IN DANGER, CALL 000.

Find support here in Deni.

The **Deniliquin Mental Health Awareness Group** website has guides to local services and resources to make it easy to find useful help and support:

denimentalhealth.org.au

 [denimhag](https://www.facebook.com/denimhag)



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If you are experiencing mental distress, you can get help at the Emergency Department.

Just as with any other health emergency, there is help at your local hospital 24/7.

If needed, you'll be assessed locally by the specialist **MHECS** team - the Mental Health Emergency Consultation Service.

Decisions can then be made with you about your best options for help and support.

If you or someone you know is feeling mentally distressed or suicidal, please call Accessline on **1800 800 944**, present to the nearest Emergency Department or call **000**.



Learn more about your local services at
denimentalhealth.org.au

Mental Health ups and downs are a normal part of life.

No matter how you are feeling, there are a range of local services that can help.

Discuss your options any time with Murrumbidgee **Accessline**

1800 800 944



SUICIDE
PREVENTION
TRAINING

LIFELINE 1311 14

MHECS -
MENTAL HEALTH
EMERGENCY
CONSULTATION
SERVICE

RECOVERY
UNIT

GENERAL
PRACTITIONER

SUICIDE
WAY BACK
SERVICE

WELLWAYS

COUNSELLING

ALCOHOL AND
OTHER DRUGS
INFORMATION
SERVICE

MAP MY
RECOVERY

SPECIALIST
COMMUNITY
MENTAL HEALTH
SERVICE

LGBTIQ+
FRIENDSHIP AND
SUPPORT GROUP

MY STEP
TO MENTAL
WELLBEING

ACCESSLINE

ROAR -
REACH OUT
AND RELAX

FAMILY
COUNSELLING

WELLNESS
SERVICES

Learn more about your local services at
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Find the support that's best for you.

Online guides make it easy to find the mental health services and resources that best suit your needs.

For services in Deniliquin

➔ denimentalhealth.org.au

For the Murrumbidgee Region

➔ MapMyRecovery.org.au

National digital resources

➔ headtohealth.gov.au



Learn more about your local services at
denimentalhealth.org.au

Support is here for you, no matter where you are.

It is easier than ever before to access mental health counselling and support services online - via phone, telehealth, text and online chat.

Find a range of online resources on our website:

denimentalhealth.org.au



Learn more about your local services at
denimentalhealth.org.au

Not feeling like yourself?

If you are feeling down or more worried than usual, or would like to talk to someone about how you are going, **MyStep to Mental Wellbeing** can help.

MyStep provides **short-term, free counselling** in Deniliquin, without the need for a doctor's referral.

Contact the MPHN Central Access
and Navigation Service:

1800 931 603
mphn.org.au



Learn more about your local services at
denimentalhealth.org.au

Learn the three simple steps to help save a life from suicide.

QPR Suicide Prevention training is free, online and only takes one hour.

mphn.org.au/qpr

QPR Suicide Prevention training provides you with the knowledge and skills to identify warning signs that someone may be suicidal, the confidence to talk to them about suicidal thoughts and to connect them with professional care.

The training is free for individuals and organisations throughout the Murrumbidgee region.



Learn more about your local services at
denimentalhealth.org.au



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OR VISIT YOUR LOCAL HOSPITAL OR GP. IF A LIFE IS IN DANGER, CALL 000.

Support is here for you, anytime.

Lifeline 13 11 44

CALL 24/7 FOR CRISIS SUPPORT
CHAT ONLINE 7PM-MIDNIGHT
TEXT **0477131114** 12PM-MIDNIGHT
lifeline.org.au

Accessline 1800 800 944

LOCAL MENTAL HEALTH SUPPORT 24/7

Beyond Blue 1300 22 4636

CALL 24/7 OR CHAT ONLINE OR BY EMAIL
beyondblue.org.au

Suicide Call Back Service 1300 659 467

IMMEDIATE SUPPORT IN A CRISIS - CALL OR CHAT ONLINE 24/7
suicidecallbackservice.org.au

Kids Helpline 1800 55 1800

FREE PHONE AND ONLINE COUNSELLING FOR AGES 5-25
kidshelpline.com.au



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