


Local Supports: All have current availability

Also checkout [Home](#) | [Ballarat Mental Health Support](#)

		
<p>Mental Health and Wellbeing Hub</p> <p>Cooinda – 10 Learmonth Road, Wendouree</p> <p>PH: 5338 4500</p> <p>We offer</p> <ul style="list-style-type: none"> • Service Navigation • Individual support • Family/Carer support • After Hours appointments <p>Contact:</p> <p>Head to Health Intake – 0490 819 710</p> <p>Service Navigator, Jenna Knowles – 0491 093 433</p> <p>Head to Health</p> <p>Call 1800 595 212</p>	<p>headspace Ballarat</p> <p>28 Camp Street Ballarat</p> <p>(03)5304 4777</p> <p>info@headspaceballarat.org.au</p> <p>headspace Ballarat has immediate walk in appointments available from 1-4.30pm every day.</p> <p>We offer parent sessions and secondary consults to professionals.</p> <p>Services are provided to suit the needs of the young person - face-to-face, telehealth and phone consults can be arranged.</p> <p>eheadspace is available after hours</p> <p>We do not offer crisis management, all young people who require immediate care or Risk Assessments should be directed to attend A&E or call 000</p>	<p>headspace Digital Services offer:</p> <ul style="list-style-type: none"> • One on one support for young people via phone or chat <p>Calling is the fastest way to connect with a clinician</p> <p>Available 9am-1am AEST every day</p> <p>1800 650 890</p> <ul style="list-style-type: none"> • To access chat online go to click this link https://headspace.org.au/online-and-phone-support/connect-with-us/talk-about-mental-health/ • Available 9am-1am AEST every day <p>We also offer group chats where:</p> <ul style="list-style-type: none"> • young people can chat to other young people • parents and carers can chat with each other <p>https://headspace.org.au/online-and-phone-support/join-the-community/</p>
<p>All ages</p>	<p>12-25 years</p>	<p>12-25 years</p> <p>Parents and Carers</p>

National Supports



 <p>Suicide Call Back Service 1300 659 467</p>	 <p>000 EMERGENCY</p>	 <p>Lifeline 13 11 14</p>
 <p>Kids Helpline 1800 55 1800</p>	 <p>Cal 13YARN (13 92 76)</p>	 <p>Beyond Blue youthbeyondblue.com 1300 22 4636</p>






Mental Health Services and Support


<p>Beyond Blue</p> <p>24/7 mental health support service</p> <p>1300 22 4636 beyondblue.org.au</p>	<p>headspace</p> <p>Online support and counselling to young people aged 12 to 25</p> <p>1800 650 890 (9am-1am daily) For webchat, visit: headspace.org.au/eheadspace</p>	<p>Kids Helpline</p> <p>24/7 crisis support and suicide prevention services for children and young people aged 5 to 25</p> <p>1800 55 1800 kidshelpline.com.au</p>	<p>1800RESPECT</p> <p>24/7 support for people impacted by sexual assault, domestic violence and abuse</p> <p>1800 737 732 1800respect.org.au</p>
<p>Lifeline</p> <p>24/7 crisis support and suicide prevention services</p> <p>13 11 14 lifeline.org.au</p>	<p>Suicide Call Back</p> <p>24/7 crisis support and counselling service for people affected by suicide</p> <p>1300 659 467 suicidecallbackservice.org.au</p>	<p>Mensline</p> <p>24/7 counselling service for men</p> <p>1300 78 99 78 mensline.org.au</p>	<p>QLife</p> <p>LGBTI peer support and referral</p> <p>1800 184 527 (6pm-10pm daily) qlife.org.au (online chat 3pm-12am daily)</p>

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.

With delivery partners:  

Funded by: 



Stand By – Support after Suicide Contact Kristy Steenhuis

Phone 1300 727 247 standby.wvic@wellways.org