



MENTAL HEALTH RESOURCES

The Beverley Hills Junior Football Club is committed to maintaining the well-being of our players and encourage anyone going through a difficult time to speak up. The links below are a list of useful resources to assist anyone who may be suffering from anxiety, depression and other problems that are prone to affect anyone in the community.

WEBSITES

Beyondblue – www.beyondblue.org.au | Information on anxiety and depression, online forums and specific advice for men, women, older people, youth, multicultural, Aboriginal and Torres Strait Islander people, LGBTI and pregnancy/postnatal issues.

Headspace – www.headspace.org.au | Aimed at younger people – includes information on mental health and well-being, alcohol and drugs, work and study. Online resources and links to local centres.

Sane – www.sane.org | Information on mental health, assistance for families and carers, links to getting help and online forums.

The Line – www.theline.org.au | Information on domestic violence and how to get help.

Gambler's help – www.gamblershelp.com.au | For assistance with problem gambling, youth services and assistance for family members.

EMERGENCY HELP

Lifeline 13 11 14

Suiceline 1300 651 251

Mensline 1300 789 978

Beyond Blue 1300 224 636

Kid's Helpline 1800 551 800

Nurse on Call [1300 60 60 24](tel:1300606024)

Nurse-on-call helpline provides health advice from registered nurse, 24 hours a day.

Crisis Assessment and Treatment Team (CATT) | [1300 721 927](tel:1300721927)

The Outer East Crisis Assessment Treatment team provide mobile assessments to people in psychiatric and short-term home treatment as an alternative to hospital.

TREATMENT

Your local GP – can refer for up to ten sessions with a psychologist per year, with a Medicare rebate. Ask for a mental health plan and referral to a local psychologist.

Australian Psychological Society Find a Psychologist – www.psychology.org.au/FindAPsychologist. You can search in terms of suburb, presenting problem and age range.



Relationships Australia – www.relationships.org.au. Provide information and advice on couple issues, crisis information and relationship counselling.

COMMUNITY RESOURCES

Manningham Council – [Homepage | Manningham City Council](#) - various community and a range of health and support services, programs and resources to assist members of our community.

Young People - [Young People](#) - The Manningham Youth Services (managed by EACH), provides free youth and family counselling support to children, young people (aged 12-25 years) and their families who live, work, study or play in the Eastern region of Melbourne.

Depression and anxiety - [Health Resources](#) - Anxiety support services including training, information, parent support, support groups and recovery programs.

Eating Disorder - [Support for Eating Disorders and Body Image Issues](#) - Butterfly Australia is a national service that provides support by trained counsellors over the phone, email and online in assisting with eating disorders and issues.
