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Local counselling and mental health services available

The following services are available for anyone affected by the spread of avian flu across western Victoria. Please contact a service listed below if you are seeking mental health support or would like someone to talk to:

Local services in the Golden Plains region

headspace Geelong

(for people aged 12 to 25 years)

105 Yarra Street, Geelong
Phone: 03 5222 6690
Email: headspace.Geelong@stride.com.au
Online chat support:
[Connect with a mental health clinician 1- on-1 | headspace](#)

Step Thru Care Geelong

Monday to Friday 9 am to 5 pm / closed weekends and public holidays
Phone: 03 8691 5480
Email: stepthru@neaminational.org.au

Head to Health Geelong

Monday to Friday, 12pm to 9pm and weekends and public holidays from 1pm to 6pm.
Address: 8 Station St, Norlane
Phone: 1800 595 212
Email: GeelongHeadtoHealth@neaminational.org.au

Mental Health and Wellbeing Local – Greater Geelong and Queenscliffe

Phone: 1800 573 151
Level 1/12-14 Thompson Rd, North Geelong
Phone: 1300 375 330 for support without giving personal details.

headspace Ballarat

(for people aged 12 to 25 years)

28 Camp St Ballarat
Phone: 5304 4777
Email: info@headspaceballarat.org.au

Head to Health Ballarat, Step Thru Care, Psychosocial support services

Delivered through Ballarat Community Health.
Phone: 0490 819 710

Hesse Health

Counselling and Community Nursing
Bannockburn Community Health Centre
27 High St, Bannockburn.
Phone: 03 5267 1200.

Regional and statewide services

13YARN (First Nations Support)

Phone: 13 92 76

Beyond Blue

Phone: 1300 224 636

Head to Health National

Phone: 1800 595 212

Rural Financial Counselling

Phone: 1300 735 578