

Released: 20 June 2024

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 Terang region

headspace Warrnambool

Phone: 1300 276 749

Email: hswarrnambool@brophy.org.au

Online chat support [Connect with a mental health clinician 1-on-1 | headspace](#)

Website: <https://headspace.org.au/headspace-centres/warrnambool/>

Step Thru Care - Great South Coast

Phone: 1300 286 463

Website: [Step Thru Care - Great South Coast, Victoria | Mind Australia](#)

Email: mindconnect@mindaustralia.org.au

South West Healthcare

Mental Health and Wellbeing Services

Phone: 1800 808 284 (option 1 for a referral)
24 hours a day.

Regional, statewide and national 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

Lifeline

13 11 14

Available 24 hours a day