

## HEALTH & WELLBEING



### MENTAL HEALTH

Swan Hill Community Mental Health Service	1300 363 788
Information Strategies and Support: Pritchard Street Venue	03 5032 9755
Lifeline: 24 hour Telephone Counselling	13 11 14
Directline: Telephone Drug/Alcohol Counselling	1800 888 236
Suicide Helpline: Free Telephone Counselling	1300 651 251
Mensline: For Men with Family & Relationship Concerns	1300 789 978
Parentline: Counselling for Parents & Carers	13 22 89
Relationship Australia: Telephone Counselling	1300 364 277
Centre Against Sexual Assault: 24 hour Crisis Line	1800 806 292
Beyond Blue	1300 224 636
Nurse in Call: 24 Hour Health Advice/Information	1300 606 024
Kids Helpline	1800 551 800

### SWAN HILL RURAL CITY COUNCIL

Drought Response Officer - Nathan Keighran 5036 2404



All photo's have been taken and provide by Darren Hill.