Mental Health

It is an unsettling, uncertain time for us all. Some people may be feeling worried or depressed, especially if they already have some mental health problems. The current crisis may also be triggering for people of refugee backgrounds. **However, there are mental health support services available, with most generalist services offering interpreting services for people who speak a language other than English.**Below are just a few of the supports available.

**Mental Health Crisis Support - Helplines**

[Lifeline](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-u/) provides private and confidential phone-based crisis support and suicide prevention. Telephone: [131 114](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-o/) Lifeline has access to a free interpreting service through [TIS National](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-b/).

[Suicide Call Back Service](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-n/)is a nationwide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide. Support is available via online chat, video chat and phone chat. Please call [1300 659 467](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-p/). **This service provides free telephone interpreting**. The [website](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-x/) also has some great (English language) resources on supporting someone you are worried about.

**Other Mental Health Supports**

[Beyond Blue](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-m/) has been funded by the Department of Health to deliver the Coronavirus Mental Wellbeing Support Service. This service includes an online forum and informational resources, as well as helpline [1800 512 348](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-c/). **Free telephone interpreting service available.**

[Carers Victoria](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-q/) provide support for carers. A carer is someone who provides unpaid care and support to family members and friends with a disability, mental illness, chronic health issue or age-related condition. Face-to-face services have been suspended, however Carers Victoria is still offering a range of services including emotional support and service advice, in-home respite,  delivered goods and equipment, equipment that may help through social isolation, online supports and education and telephone, or online counselling sessions. Visit their [website](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-a/)or  phone [1800 514 845](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-f/) for assistance. **Free telephone interpreting services available.**

[Care in Mind Wellbeing Support Services (WSS)](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-z/) is a free phone and online counselling support service. This service is for anyone of any age who is feeling the pressures and stresses of everyday life. Available to those who live, work or study in northern, western and central Melbourne. The service is available 24-hours a day, seven days a week. Call [1300 096 269](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-v/) to speak to a counsellor.

[Headspace](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-e/) offers free online support and counselling to young people 12 - 25 and their families and friends.

[Kids Helpline](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-s/) is an Australian free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25. **Free telephone interpreting services available.**

[PANDA (perinatal mental health)](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-g/) has a National Perinatal Anxiety & Depression Helpline, operating Monday to Friday, 9am - 7.30pm AEST/AEDT). Call [1300 726 306](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-w/). **Free telephone interpreting services available.**PANDA’s website also includes a number of helpful resources on perinatal mental health.

[VMIAC](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-yd/)  Is the peak Victorian organisation for people with a lived experience of mental health problems or emotional distress. VMIAC is providing regular information and updates, including links to [mental health and wellbeing resources](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-yh/). Currently all written materials are in English. VMIAC is not a crisis service, but can provide advice, advocacy, information and referral. Please call [(03) 9380 3900](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-yk/). **Free telephone interpreting services available.**

**Mental Health Information and Resources**

[Black Dog Institute](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-yu/) have released several tools and resources to support people in looking after their mental health during the coronavirus outbreak. They are also conducting a [survey](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-jl/) right now about how COVID-19 is impacting the mental health of Australian adults, and what people are doing to stay mentally healthy. **All resources available in English only**.

[The Department of Health and Human Services (DHHS)](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-jr/) has released a range [of mental health resources](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-jy/). These include a video series with titles such as ‘dealing with loss of control’ and ‘support and kindness’.  These resources are currently available in English only, however multilingual versions may become available.

[Embrace Multicultural Mental Health](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-jj/) offers many helpful resources for communities and service providers, including [multilingual information](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-jt/) about mental health and wellbeing.

[Headtohealth](https://victorianrefugeehealthnetwork.createsend1.com/t/j-l-qgjho-hllduykhu-ji/) is an online gateway funded by the Australian Government that can help you find free and low-cost, trusted phone and online mental health resources. **Available in English only**.