

# MENTAL A-Z NETWORK

## GREATER BENDIGO & LODDON SHIRE CONTACTS

Beyond Blue  
1300 224 636

Kids Helpline  
1800 55 1800

Lifeline  
13 11 14

Contact your  
local General  
Practitioner (GP)



### **ABORIGINAL SERVICES**

**Bendigo & District Aboriginal Co-operative**  
119 Prouses Road, North Bendigo VIC 3550  
P: 03 5442 4947  
W: [www.bdac.com.au/](http://www.bdac.com.au/)



### **CARER SUPPORT**

**Anglicare Bendigo**  
10 Mundy Street, Bendigo VIC 3550  
P: 03 5440 1100  
W: [www.anglicarevic.org.au/](http://www.anglicarevic.org.au/)

**Bendigo Health Carer Support Services**  
37 Havlin Street, East Bendigo VIC 3550  
P: 03 5454 7719  
P: 1800 068 976 (All Areas)  
W: [www.bendigohealth.org.au/](http://www.bendigohealth.org.au/)

**Carers Gateway**  
P: 1800 422 737  
W: [www.carergateway.gov.au/](http://www.carergateway.gov.au/)

**Carers Victoria**  
P: 1800 514 845  
W: [www.carersvictoria.org.au/](http://www.carersvictoria.org.au/)

**Northern District Health Service**  
Boort - (03) 5451 0260  
Pyramid Hill - (03) 5455 7065  
W: [www.ndch.org.au/](http://www.ndch.org.au/)



### **COUNSELLING AND SUPPORT SERVICES**

**A Life Simply Lived Psychology Boort (NDIS Available)**  
5 Station Street, Boort VIC 3537  
P: 0439 320 444  
W: [www.alifesimplylived.com.au/](http://www.alifesimplylived.com.au/)

**Anglicare Bendigo**  
10 Mundy Street, Bendigo VIC 3550  
P: 03 5440 1100  
W: [www.anglicarevic.org.au/](http://www.anglicarevic.org.au/)

### **ACSO**

P: 1300 375 330  
E: [partnersinwellbeing@acso.org.au](mailto:partnersinwellbeing@acso.org.au)  
W: [www.acso.org.au/aod-mh-support](http://www.acso.org.au/aod-mh-support)

### **Bendigo Community Health Services**

165-171 Hargreaves Street, Bendigo VIC 3550  
P: 03 5406 1200  
W: [www.bchs.com.au/](http://www.bchs.com.au/)

**Bendigo Health Adult Mental Health Services**  
P: 03 5440 6529

**Bendigo Health Older Persons Mental Health Services**

P: 03 5454 7604  
155/151-155 Condon Street, Kennington VIC 3550  
W: [www.bendigohealth.org.au](http://www.bendigohealth.org.au)

**Bendigo Mental Health Regional Triage (24hr/7Days)**

P: 1300 363 788  
W: [www.bendigohealth.org.au/mentalhealthTriageServices/](http://www.bendigohealth.org.au/mentalhealthTriageServices/)

### **CatholicCare Sandhurst**

176 178 McCrae Street, Bendigo VIC 3550  
P: 03 5438 1300  
W: [www.ccds.org.au/](http://www.ccds.org.au/)

### **Centre Against Sexual Assault Central Victoria**

71 Bridge Street, Bendigo Victoria 3550  
P: 03 5441 0430  
W: [www.casacv.org.au/](http://www.casacv.org.au/)

### **Centre for Non-Violence (CNV)**

96 - 98 Pall Mall, Bendigo VIC 3550  
P: 1800 884 292  
W: [www.cnv.org.au/](http://www.cnv.org.au/)

### **Glady & Co (NDIS ONLY)**

P: 1300 866 474  
E: [intakecvic@gladyandco.com.au](mailto:intakecvic@gladyandco.com.au)  
W: [www.gladyandco.com.au/](http://www.gladyandco.com.au/)

### **Golden City Support Services**

48 Mundy Street, Bendigo Victoria 3550  
P: 1800 001 005  
W: [www.anglicarevic.org.au/](http://www.anglicarevic.org.au/)

### **Inglewood District Health Service**

3 Hospital Street, Inglewood VIC 3517  
P: 03 5431 7000  
W: [www.idhs.vic.gov.au/](http://www.idhs.vic.gov.au/)

### **Mind Australia - Bendigo**

56-60 King Street, Bendigo VIC 3551  
P: 1300 286 463  
W: [www.mindaustralia.org.au/](http://www.mindaustralia.org.au/)

### **Stride (NDIS Only)**

2 Bush's Lane, Bendigo VIC 3550  
P: 1300 00 1907  
W: [www.stride.com.au](http://www.stride.com.au)

### **Northern District Health Service**

Boort - (03) 5451 0260  
Pyramid Hill - (03) 5455 7065  
W: [www.ndch.org.au/](http://www.ndch.org.au/)

### **Royal Flying Doctors Service Boort District Health**

P: (03) 8412 0480



## **CHILD AND FAMILY SERVICES**

### **Child First**

P: 1800 260 338

### **Family Service Providers Greater Bendigo**

#### **Anglicare Bendigo**

10 Mundy Street, Bendigo VIC 3550  
P: 03 5440 1100  
W: [www.anglicarevic.org.au/](http://www.anglicarevic.org.au/)

#### **Bendigo Community Health Services**

165-171 Hargreaves Street, Bendigo VIC 3550  
P: 03 5406 1200  
W: [www.bchs.com.au/](http://www.bchs.com.au/)  
Open hours: Monday - Friday 8am - 5pm

### **Family Service Providers Loddon Shire**

#### **CatholicCare Sandhurst**

176 -178 McCrae Street, Bendigo VIC 3550  
P: 03 5438 1300  
W: <https://ccds.org.au/>  
Open hours: Monday - Friday 9am - 5pm



## **FINANCIAL SUPPORT**

### **Anglicare Financial Services**

P: 1800 244 323  
E: [financial.counselling@anglicarevic.org.au](mailto:financial.counselling@anglicarevic.org.au)

### **Bendigo Family and Financial Services**

8 Myers St, Bendigo VIC 3550  
P: 03 5441 5277  
W: [www.bendigofamilyandfinancia](http://www.bendigofamilyandfinancia)

### **CentreLink**

P: 132 717  
W: [www.servicesaustralia.gov.au/individuals/carers](http://www.servicesaustralia.gov.au/individuals/carers)

### **Rural Financial Counselling Service**

P: 0437 129 044  
P: 1800 900 090  
E: [amcgee@sunrcs.com.au](mailto:amcgee@sunrcs.com.au)



## **INFORMATION AND RESOURCES**

### **8 Olinda Street Mental Health Resource Centre**

8 Olinda Street, Quarry Hill VIC 3550  
P: 03 5441 7881  
E: [olindastcentre@bendigohealth.org.au](mailto:olindastcentre@bendigohealth.org.au)

### **Loddon Campaspe Multicultural Services**

120 McCrae St Bendigo VIC 3550  
P: 03 5441 6644  
W: [www.lcms.org.au/](http://www.lcms.org.au/)



## **LOCAL COMMUNITY INITIATIVES**

### **HALT**

W: <http://thehaltbrekky.com/>

### **SPAN Bendigo**

P: 0408 541 082  
W: [www.spancv.org.au/](http://www.spancv.org.au/)



## **YOUTH AND CHILDREN SERVICES**

### **Bendigo Health Youth Mental Health Service**

43 Havlin Street East, Bendigo VIC 3550  
P: 03 5454 7753  
W: [www.bendigohealth.org.au/YouthMentalHealthService/](http://www.bendigohealth.org.au/YouthMentalHealthService/)

### **Children and Adolescent Mental Health Services**

155/151-155 Condon Street, Kennington VIC 3550  
P: 03 5440 6506  
W: [www.bendigohealth.org.au/ChildandAdolescentMentalHealthService/](http://www.bendigohealth.org.au/ChildandAdolescentMentalHealthService/)

### **Kids With Confidence**

100 Barnard Street, Bendigo VIC 3550  
P: 03 5454 7612

### **headspace**

78-80 Pall Mall, Bendigo VIC 3550  
P: 03 5406 1400  
W: [www.headspace.org.au](http://www.headspace.org.au)

### **YSAS**

39 Garsed Street, Bendigo VIC 3550  
P: 1800 458 685  
W: [www.ysas.org.au/ysas-bendigo](http://www.ysas.org.au/ysas-bendigo)