



HEALTH INFORMATION

Women consumers and carers who experience mental illness need to know more about their health.

Click on the listed services below for more information.

General

[Action on Disability within Ethnic Communities](#)

1800 626 078

[Better Health Channel –health topics online](#)

[Health Direct – health topics online](#)

[Mental Health in Multicultural Australia \(MHiMA\)](#)

1300 136 289

[Multicultural Centre for Women's Health](#)

1800 656 421

[Victorian Aboriginal Health Service](#)

03 9403 3300 & After hours locum 132660

[Victoria's Mental Health Services-click for your location](#)

[Victorian Transcultural Mental Health \(VTMH\)](#)

03 9231 3300

About mental illness

[Beyond Blue](#)

1300 22 4636

[Jean Hailes – information for women – mental and emotional health](#)

1800 JEAN HAILES (532 642)

[Head to Health Federal Govt. online information](#)

[wellways](#)

1300 111 400

[Reach Out \(young people\) online chat](#)

[Voices Vic \(for people who hear voices\)](#)

03 9692 9500

Medication Info

[Mental Health Foundation](#)

1300 643 287

[National Prescribing Service \(NPS\) MedicineWise –online information](#)

Disclaimer: Women's Mental Health Network Victoria has exercised due care in ensuring the accuracy of the material contained on this website, the information is made available on the basis that The Network is not providing professional advice on a particular matter. This website is not a substitute for independent professional advice nor is it an exhaustive list.

Nothing contained in this website is intended to be used as medical advice, nor should it be used as a substitute for your own health professional's advice.

*If you need urgent support please contact your doctor.
Or call Lifeline 13 11 14.*

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