



RURAL & REGIONAL VICTORIA ENQUIRIES

Our research has shown that women consumers and carers who live in rural and regional Victoria need better access to information, especially when it comes to local services. The following services are focused on rural and regional areas.

Click on the listed services below for more information.

Community services

[ACSO Connect service- referral for mental health, alcohol and drug issues](#)

1300 022 760

[Adult Community Mental Health Service \(ACMHS\) Albury/ Wodonga](#)

03 5722 5347

[Barwon Health Adult & Aged Community Mental Health Services](#)

03 4215 0000

[Bendigo and District Aboriginal Cooperative \(BADAC\)](#)

03 5442 4947

[Bendigo Golden City Support Services – carer, residential & recovery](#)

03 5434 2777

[Bendigo Health Adult Community Mental Health Services](#)

1300 363 788

[Loddon Campaspe Centre for Non-Violence - incl. homelessness service](#)

1800 884 038

[Mallee Accommodation and Support Program \(MASP\)](#)

03 5021 6500

[Mildura Base Hospital mental health services-community based programs](#)

03 5022 3333

[NEAMI -Community Support Services](#)

[NEAMI Forums](#)

[Rural Centres Against Sexual Assault \(CASA\)](#)

03 9635 3600

[Victim Support Australia – check for Victorian services](#)

03 8684 6700

[Victorian Mental Health services regional and rural- statewide services](#)

Within Australia (formerly SNAP Gippsland) - Mental Health Community Support Service

1300 737 412

Mothers and children support

Centre of Perinatal Excellence (COPE) – pre and postnatal mental health

03 9376 6321

Child & Adolescent Mental Health Services (0-18 age) directory statewide

03 9096 0000

Children of Parents with a Mental Illness (COPMI)

Families where a Parent has a Mental Illness

03 9385 5100

Headspace for youth- up to age 25 online help

1800 650 890

Mental Health Legal Centre

1800 555 887

[Perinatal Anxiety & Depression Australia \(PANDA\)-including helpline](#)

1300 726 306

Victoria Govt. Mental Health Services- including Mother & Baby Unit

Victoria Legal Aid

1300 792 387

Professional services

[Forensicare – support for family & friends of those in the justice system](#)

03 9495 9100

[GPs who are mental health friendly](#)

02 9382 4530

Royal Australia and New Zealand College of Psychiatrists by location

Statewide rural, regional & metro women's health services

Victoria Legal Aid

1300 792 387

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.



Funded by