



Keeping Victorians Connected and Supported – Mental Health and Wellbeing Coronavirus Response Package

Overview of select initiatives

Preamble



The Victorian Government is funding a \$59.4 million package of comprehensive measures to support the mental health, wellbeing and social connectedness of Victorians as we face the challenges of the coronavirus (COVID-19) pandemic.





The COVID-19 pandemic, and the psychological, social and economic impacts of physical distancing and isolation measures, will have a significant impact on the mental health and wellbeing of Victorians.





The *Mental Health and Wellbeing Coronavirus Response Package* will assist people living with a mental illness, their carers and families as well as people who are experiencing mental health problems for the first time due to measures that are protecting the health system from being overrun by the COVID-19. The package provides extra support to as many Victorians as possible during the pandemic and as we position ourselves for recovery.




This document provides an overview of select initiatives funded in the response package.



Overview

Provider	Description	Contact details
Lifeline Australia	Free 24/7 phone and webchat services across Victoria for people experiencing a crisis, including people at risk of suicide.  Lifeline_COVID-19 _ Promotional flyer.pc	Phone: 13 11 14 webchat at lifeline.org.au (7pm – midnight AEST) and through the text message service on 0477 13 11 14 (6pm – midnight AEST).
On the line Australia (Suicide Line Victoria)	Free professional counselling 24 hours a day, 7 days a week across Victoria to people at risk of suicide, anyone concerned about someone else's risk of suicide and anyone bereaved by suicide. Coming in August 2020: case management, multi-session counselling and support for people who are at high risk or have complex needs.  Suicide Line Victoria_ Information	Phone: 1300 651 251 suicideline.org.au

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Tandem	<p>Tandem will operate a helpline and provide practical support and individual advocacy to carers experiencing carer fatigue and distress in their own right and in the context of their caring role for a person experiencing distress, poor psychosocial health or mental ill health.</p>  <p>Tandem COVID-19 supports - Flyer.pdf</p>	<p>Phone: 1800 314 325 Tandem Support and Referral Line</p>
Victorian Mental Illness Awareness Council (VMIAC)	<p>VMIAC is operating a helpline and providing practical support and group based activities for people experiencing distress, poor psychosocial health or mental ill health.</p>  <p>CHECK-IN flyer.pdf</p>	<p>Phone: 03 9380 3915 Monday to Friday</p>
Beyond Blue	<p>Free 24/7 phone line, webchat and email service across Victoria to help people to manage their own mental health and those they are supporting.</p> <p>Beyond Blue Online Forums – a safe informative space to chat with other members of the community with a dedicated discussion group 'Coping during the Coronavirus Pandemic'.</p> <p>Coming in October/November 2020: Free confidential one on one coaching program offering up to six sessions using low intensity Cognitive Therapy practices to break the cycle of negative and unhelpful thoughts and feelings (NewAccess).</p>	<p>Phone: 1300 22 4636</p> <p>Web: beyondblue.org.au/get-support/get-immediate-support</p> <p>Online Forums: beyondblue.org.au/get-support/online-forums</p>
YourTown (Kids Helpline)	<p>Free 24/7 phone and online counselling services across Victoria for children and young people aged 5 to 25 years.</p>  <p>Kids Helpline - COVID-19 - Promotic</p>	<p>Phone: 1800 55 1800</p> <p>kidshelpline.com.au</p> <p>For self-help resources: kidshelpline.com.au/coronavirus</p>
Smiling Mind	<p>Smiling Mind Care Packs for Kids - practical, online resources for parents, carers and teachers to use with children to alleviate anxiety, promote calm, build emotional wellbeing and promote positive mental health.</p>  <p>Smiling Mind_Child and Youth Care Pack</p>	<p>The resources will launch on 26 June 2020 and can be accessed at https://www.smilingmind.com.au/kids-care-packs</p>

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Perinatal Anxiety and Depression Australia (PANDA)	<p>PANDA's COVID-19 Intensive Care Coordination and Wellbeing Support Service offers free telephone-based care coordination, advocacy, flexible and proactive support and follow up, counselling and service navigation for expecting and new parents in Victoria who are struggling with their mental health under COVID-19 and finding it difficult to engage with the range of support services they need.</p> <p>PANDA's COVID-19 Digital Wellbeing Support Program is a web-based response that provides vulnerable families with digital or 'virtual' supports to replace or at least partially replace the usual supports.</p>  <p>PANDA COVID-19 Perinatal Mental He:</p>	<p>National PANDA Helpline 1300 726 306 (Monday – Friday, 9am – 7.30pm AEST/AEDT)</p> <p>Health Professionals can complete the online PANDA referral form. PANDA counsellors can assess suitability prior to referral by calling: Health Professionals Line on (03) 9926 9018 or email intensive@panda.org.au</p> <p>Digital resources: https://www.panda.org.au/info-support/panda-response-to-coronavirus</p>
Eating Disorders Victoria (EDV)	<p>Access to EDV'S existing HUB (phone, webchat and email) services for people with eating disorders and their carers across Victoria who are experiencing escalated anxiety, distress and vulnerability. Services include helpline, webinars, wellbeing checks and emotional support and online supports groups for people with eating disorders.</p>  <p>Eating Disorder Victoria -COVID-19 -</p>	<p>Phone:1300 550 236</p> <p>www.eatingdisorders.org.au</p>
Anxiety Recovery Centre Victoria	<p>CARES 4me program will provide tailored support to people across Victoria experiencing mild to severe anxiety, including Obsessive Compulsive Disorder.</p>  <p>ARCVIC_COVID-19_Flyer.pdf</p>	<p>OCD and Anxiety Disorder Helpline 1300 269 438 or 9830 0533 Monday to Friday 10am-8.30pm</p> <p>Anxiety Recovery Centre Victoria office line: 9830 0566</p> <p>www.arcvic.org.au using email and or web chat</p> <p>Service providers can help their clients make a referral by emailing cares4me@arcvic.org.au or 9830 0566</p>
Neami National (North, West, Inner, South) EACH (East, South East) ACSO (Regional Victoria)	<p><i>Partners in Wellbeing</i>, a free state-wide service which provides one-on-one wellbeing coaching and support to people 16 years and over experiencing feelings of stress, anxiety, worry or being overwhelmed which has lasted more than a few weeks and their usual coping strategies are not working.</p>  <p>Partners in Wellbeing_Promotic</p>	<p>Phone: 1300 375 330</p> <p>partnersinwellbeing@neaminational.org.au www.neaminational.org.au/piw</p> <p>partnersinwellbeing@each.com.au www.each.com.au/piw</p> <p>partnersinwellbeing@acso.org.au www.acso.org.au/aod-mh-support</p>

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Victorian Aboriginal Health Service/Victorian Aboriginal Community Controlled Organisation	<p><i>Yarning Safe and Strong</i>, a free state-wide helpline and supports for Aboriginal Victorians experiencing escalated anxiety, distress and mental ill health during the COVID-19 pandemic and post pandemic recovery period. The helpline will provide callers with counselling support provided by the Victorian Aboriginal Health Service and link the person to other supports, such as local Aboriginal Community Controlled Health Organisations.</p> <p style="text-align: center;">  VAHS_COVID19_YARNING SAFE AND ST </p>	Phone: 1800 95 95 63 (12 noon – 10.00 pm, seven days a week)
Orygen	<p>Roll out of Moderated Online Social Therapy (MOST) digital platform to Victorian headspace centres and state-funded specialist youth mental health services. MOST will provide enhanced digital mental health care to young people aged 12-25 years, including those that may be waiting for a service.</p> <p>MOST will be integrated with the young person's face to face clinical treatment provided by their treating clinician/s either in headspace or a public specialist mental health service. It will provide online personalised therapy programs, resources and a virtual peer support network for young people with a shared experience of mental illness to foster social connection and combat isolation and stigma.</p> <p style="text-align: center;">  Orygen Digital MOST flyer.pdf </p>	Eligibility: To be eligible for this program, the young person must be a client of either headspace or a public clinical mental health service.
YMCA	<p>Virtual Y: a youth engagement strategy delivered by the YMCA across Victoria which will provide online health, wellbeing and mentoring support to young people.</p> <p style="text-align: center;">  Virtual Y - Promotional flyer .pdf </p>	www.virtually.ymca.org.au

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<p>Australian Red Cross and 'community connectors')</p>	<p>COVID-19 Community Activation and Social Isolation Initiative (CASI)</p> <p>To help communities with the impacts of COVID-19, the Australian Red Cross will manage an expansion of the Victorian COVID-19 hotline so that it can provide emotional support to people who are isolated and vulnerable and link them to local community supports and activities in their local areas, via 'community connectors'.</p> <p>A lead organisation in each LGA will be funded to act as a 'community connector' – connecting callers and help seekers with practical, social and emotional supports. Supports could include help to participate in online social and recreation activities (e.g. book clubs, fitness groups, hobby groups), or help to connect with family and friends e.g. video chatting with grandchildren.</p>	<p>Further information pending</p>
<p>Asylum Seekers Resource Centre</p> <p>Victorian Foundation for Survivors of Torture Inc. (Foundation House)</p> <p>Orygen Health</p> <p>Cabrini</p> <p>Australian Red Cross</p>	<p>Essential mental health supports and practical assistance for asylum seekers, refugees, international students, temporary migrant workers and other vulnerable migrant groups, delivered via phone and online.</p> <p>These supports are being delivered by Cabrini (asylum seeker communities with a focus on Shepparton and Mildura), The Victorian Foundation for Survivors and Torture (refugee communities), Orygen Health (international students), Australian Red Cross (financial assistance, information, advice and referral for asylum seekers and vulnerable temporary migrants) and Asylum Seekers Resource Centre.</p> <p> Asylum Seeker Resource Centre_Fly</p> <p> Victorian Foundation for Surv</p> <p> Orygen_ Mental health support for li</p> <p> Cabrini_Asylum Seeker Mental Healt</p> <p> Red Cross_Hardship Sup</p>	<p>Asylum Seeker Resource Centre - Phone 03 9326 6066</p> <p>Victorian Foundation for Survivors of Torture - Phone: 9389 8956</p> <p>Orygen – International Student Mental Health. Phone 0401 749 863 Email: gina.chinnery@orygen.org.au</p> <p>Cabrini – Phone: 03 8388 7874. To refer a client: http://cabrinioutreach.com.au/referral</p> <p>Australian Red Cross Phone: 03 8327 7370 https://www.redcross.org.au/news-and-media/news/help-for-migrants-in-transition</p>

Further Information

For further information contact:

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