

# Help lines

Swan Hill District Health Counselling Service  
(03) 5033 9880

Australian Community Support Organisation  
(ACSO) 1300 022 760

DirectLine 1800 888 236

EMERGENCY SERVICES 000

Life Line 13 11 14

Suicide Helpline 1300 651 251

Mental Health Crisis Assessment  
1300 363 788

Family Drug Support 1300 660 068

Drug Information 1300 858 485

Family Violence 1300 368 186

## FOR MORE INFORMATION CONTACT:

### Department

Swan Hill District Health Counselling Service

### Address

13 Pritchard Street , Swan Hill

**Phone:** (03) 5033 9880

**Fax:** (03) 5033 9889

**Email:** [CReception2@shdh.org.au](mailto:CReception2@shdh.org.au)

**Web:** [www.shdh.org.au](http://www.shdh.org.au)



Swan Hill District Health  
Counselling Service  
13 Pritchard Street  
Swan Hill  
Phone 5033 9880



# Pritchard Street Services

## Services provided

- Relationships / family
- Grief and loss
- Stress and anxiety
- Depression mild / moderate
- Psychological First Aid for Trauma Management
- Smoking Cessation
- Family Violence Support
- NSP - needle exchange
- Alcohol and other Drug Counselling
- MATOD (Medication Assisted Treatment for Opioid Dependence)
- Interpreter service available

## Services provided

- Facilitate access to a Mental Health Treatment Plan.
- Clinical support within a team approach.
- Care Co-ordination for complex cases.
- Collaboration with GP's, other mental health services and agencies.
- Face to face, phone and telehealth options available.

### Group training available:

- Standard Mental Health First Aid (MHFA)
- Youth MHFA
- Older Persons MHFA
- ASIST (Applied Suicide Intervention Skills

Training)

## Service Criteria

- Free & confidential service
- Self referral
- GP / Mental Health Nurse referrals
- ACSO referrals

Various funding streams available including

- Murray Primary Health Network Psychological Therapy Services (PTS) and Clinical Care Coordination (CCC)
- National Disability Insurance Scheme (NDIS)
- Medicare Benefits Schedule (MBS)

## Staff

- Administration officers
- Counsellors
- Nurse Practitioner
- Mental Health Nurse