

where can you go for mental health support in ballarat?

know your options:

find the right mental health support in Ballarat

This guide aims to help young people, families and their carers navigate the mental health system in Ballarat.

Think about what is happening for you at the moment and use the chart below to help decide the level of support that fits you. Once you have found the level for you, you can find services that offer that support on the next page.



If possible, try using this guide with a friend or trusted adult

It can help you build your support network and make it easier to get the help you need.

1 Minor Mental Health Difficulties

- · You are feeling good and would like to maintain it
- You are having a 'bad day', or something minor is impacting you and you need something to do while it
 passes
- You can mostly manage the feelings yourself, but you may need the help of a trusted adult or an online resource

2 Mild Mental Health Difficulties

- There is a mild change to how you are sleeping, eating, socialising, or completing daily tasks (trouble falling asleep, small loss of motivation)
- You are having negative thoughts or feelings causing mild levels of distress
- Difficulties are not resolving naturally and may have been bothering you for a short period of time (less than 6 months)

3 Moderate Mental Health Difficulties

- There is a moderate change to how you are sleeping, eating, socialising, or completing daily tasks (poor sleep a few nights a week, hard to find motivation, avoiding some social situations)
- · You are having negative thoughts or feelings causing moderate levels of distress
- Difficulties may have been going for a while (up to 6 months or more)

4 Significant Mental Health Difficulties

- There is a significant change to how you are sleeping, eating, socialising, or completing daily tasks (unable to sleep some nights, no motivation at all, avoiding all social situations)
- You are having negative thoughts or feelings causing significant levels of distress
- · Difficulties may have been going for longer than 6 months

5 Acute Mental Health Difficulties

- · There is a very high risk of you harming yourself or others
- · Unable to complete daily activities at all or severe difficulties across several areas of your life

Mental Health Emergency (Call 000)

Immediate risk of harm to self or others needing immediate intervention

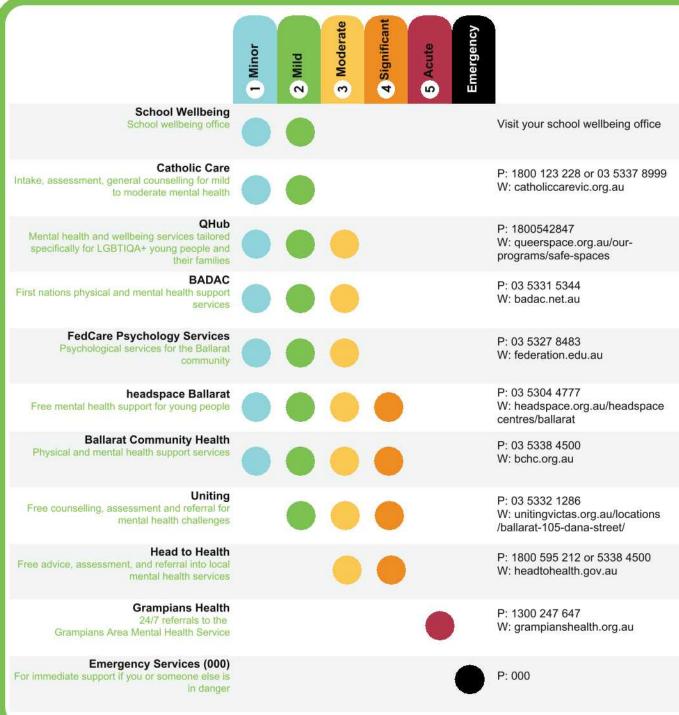


You might not find your exact experiences here, but this guide will help you get closer to finding the best support for you.

So where can I go for support?

- Below is a list of mental health services in Ballarat and the level of support they
 can provide you.
- · All of the services below offer free programs for young people.
- Remember not all services will be suited to everyone, so it is important that you keep trying until you find the one for you.
- · Don't forget your General Practitioner (GP) can help you too.





If you need to speak to someone urgently, please call Lifeline on 13 11 14 or Kids helpline 1800 55 1800.





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