

Counselling and mental health support services

Released: 29 January 2025

Wimmera Grampians

Trauma counselling, general counselling and mental health support services are available for anyone affected by the recent fires across in the Wimmera and Grampians areas. If you are seeking mental health support, would like someone to talk with or if you have other community concerns, please reach out to any of the services below.

LOCAL SERVICES

Grampians Area Mental Health Service, Access and Triage Team

Phone: 1300 247 647

Step Thru Care Wimmera Grampians

(delivered by Uniting VicTas)

Phone: 5362 4000

Horsham Mental Health and Wellbeing Hub

185 Baille St

Phone: 1300 375 330

Open Mon-Fri 9am-3pm.

Grampians Community Health Intake

Phone: 5358 7400

headspace Horsham

77 Hamilton St, Horsham

Phone: 5381 1543

Email: info.headspacehorsham@vt.uniting.org

Open: Mon-Thu 9am-6pm, Fri 9am-5pm

Budja Budja Social and Emotional Wellbeing Centre

Phone: 5356 4751 (Halls Gap) or 5352

6700 (Ararat)

Goolum Goolum Aboriginal Cooperative (Horsham)

Phone: 5381 6301

STATEWIDE SERVICES

Suicide Call Back Service

Phone: 1300 659 467

Lifeline

Phone: 13 11 14

Beyond Blue

Phone: 1300 224 636

13YARN (First Nations Support)

Phone: 13 92 76

Head to Health National

Phone: 1800 595 212

Rural Financial Counselling

Phone: 1300 735 578

Partners In Wellbeing helpline

Free telephone mental health support available to all Victorians 16 years plus

Phone: 1300 375 330 Mon-Fri 9am-8pm, Saturday 9am-5pm