

Mental Health Services Available During COVID-19

- **Private psychologists:** as at March 30th 2020 private psychologists can offer sessions on a MCHP via phone and must bulk bill (=free! They cannot charge a gap!!). Private psychologists can be found through APS Find A Psychologist website → <https://www.psychology.org.au/Find-a-Psychologist>
- **Cairnmillar Institute:** offering free counselling via phone – 1800 391 393, <https://www.cairnmillar.org.au/telehealth/>. Provisionally registered, postgraduate psychologists can offer sessions for free without a MHCP. If you're after a fully registered psychologists a MHCP is needed or there will be a fee.
- **Spectrum:** still operating but have changed to telehealth for most circumstances → <https://www.vichealth.vic.gov.au/media-and-resources/publications/health-promotion-messages-covid>
- **Helplines:** Still operating as usual. See infographic (available on next page for printing).

24/7 Mental Health Services

Beyond Blue <i>Anyone feeling anxious or depressed</i> beyondblue.org.au 1300 22 4636	Kids Helpline <i>Counselling for young people aged 5 to 25</i> kidshelpline.com.au 1800 55 1800
MensLine Australia <i>Men with emotional or relationship concerns</i> mensline.org.au 1300 78 99 78	Open Arms <i>Veterans and families counselling</i> openarms.gov.au 1800 011 046
Lifeline <i>Anyone having a personal crisis</i> lifeline.org.au 13 11 14	Suicide Call Back Service <i>Anyone thinking about suicide</i> suicidecallbackservice.org.au 1300 659 467

Is it an emergency? If you or someone you know is at immediate risk of harm, call triple zero (000)

healthdirect



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