

Your GP and GP Services

If you don't have a regular GP in Gippsland go to: www.healthdirect.gov.au/australian-health-services In the box titled Services click on the option GP then enter your postcode in the location box below. You can also tick the box for your current locations to help the website provide the best information. Click on Search and a map with a list of GP options will be shown.

Emergency Relief Services

Emergency Relief is material or financial aid provided to assist someone to deal with their immediate needs while experiencing financial crisis or personal hardship.

How to receive assistance?

Make direct contact with a Relief Service by telephoning or visit to their service location. Be referred for assistance by someone you work with or a health professional.

Types of Assistance

-  Food
-  Pharmacy assistance
-  Household goods
-  Shower/bathroom facilities
-  Clothing
-  Meals

Relief Service Providers

Salvation Army

Call: 03 5150 0144
Visit: www.salvationarmy.org.au

St Vincent de Paul

Call: 03 5152 6687

ADRA

Call: 0490 063 842
Visit: adrabairnsdale@adra.org.au

Health Support in East Gippsland

Health services provide a range of relevant health care services. Please visit the service website or contact your local Community Health service directly to confirm services available.

Bairnsdale Regional Health Service

Offers an array of health services including emergency services.
Call: 03 5150 3333
Visit: www.brhs.com.au

Gippsland Lakes Community Health

Offers counselling for people who are experiencing a range of issues and problems.
Call: 03 511 8300
Visit: glch.org.au

Djillay Ngalu

Aboriginal Community Controlled Health Organisations from Bairnsdale to Orbost
Call: 03 5155 1051
Visit: www.dn.org.au

GEGAC Medical Services

Call: 03 5150 0760
Visit: www.gegac.org.au

Orbost Regional Health

Call: 03 5154 6666
Visit: www.orbostregionalhealth.com.au/home

Omeo District Health

Call: 03 5159 0100
Visit: odh.net.au

Royal Flying Doctor Service.

Free, confidential mental health and wellbeing service for people living in rural and remote communities.
Call: 03 8412 0480
Visit: www.flyingdoctor.org.au/vic/our-services/wellbeing/

Relationships Australia Victoria

Offers counselling for individuals, couples, families and children.
Call: 1300 36 42 77
Visit: www.relationshipsvictoria.com.au/services/counselling

Headspace Bairnsdale

Confidential support services for young people aged between 12 & 25 years.
Call: 03 5141 6200
Visit: www.headspace.org.au/headspace-centres/bairnsdale/

Counselling and Support 24/7 Services

If you need help now and can't wait for a GP appointment the following contact options are available.

Call 000 (Emergency Services) if you or someone you know's life in danger right now

NURSE- ON-CALL. 24/7 phone service that provides immediate expert health advice from a registered nurse.
Call: 1300 60 60 24
Visit: www.betterhealth.vic.gov.au/health/serviceprofiles/nurse-on-call-service

Mental Health Triage. Gippsland wide, 24/7 Crisis Support & Referral.
Call: 1300 36 33 22

Lifeline. 24/7 telephone crisis support and counselling.
Call: 13 11 14
Visit: www.lifeline.org.au/about-lifeline/contact-us

Beyond Blue. 24/7 telephone information and support for mental health concerns.
Call: 1300 22 46 36
Visit: www.beyondblue.org.au/get-support/get-immediate-support

Mensline Australia. 24/7 service for men with relationship and family concerns.
Call: 1300 78 99 78
Visit: mensline.org.au/phone-and-online-counselling

Family Relationship Advice Line Providing families with access to information about family relationship issues.
Call: 1800 050 321
Visit: www.familyrelationships.gov.au/talk-someone/advice-line

1800RESPECT. 24/7 phone service that provides counselling for sexual assault, domestic and family violence
Call: 1800 737 732
Visit: www.1800respect.org.au



Counselling and Support 24/7 Services

Maternal and Child Health Line 24/7 state-wide telephone service that works alongside the Maternal and Child Health Service and is staffed by qualified maternal and child health nurses.

Call: 13 22 29
Visit: www.betterhealth.vic.gov.au/health/serviceprofiles/maternal-and-child-health-line-service

Suicide Call Back Service

Suicide Call Back Service is a nationwide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide.
Call: 1300 65 94 67
Visit: www.suicidecallbackservice.org.au

Other

Bush Nursing Centres:

Swifts Creek: 03 5159 4210
Ensley: 03 5157 3215
Buchan: 03 5155 9222
Gelantipy: 03 5155 0274
Cann River: 03 5158 6274

Mallacoota: Mallacoota District Health & Support Service Inc
Call: 03 5158 0243

Drug and Alcohol 24/7 Services

Directline

Confidential Drug and Alcohol support line Victoria
Call: 1800 88 82 36
Visit: www.directline.org.au

Family Drug Support Australia

Call: 1300 36 81 86
Visit: www.fds.org.au

Mental Health Care Plan

A GP can make a referral for support through a mental health care plan. This entitles you to Medicare rebates for up to 10 individual/group appointments with a psychologist, occupational therapist or social worker in a year.
Visit: www.healthdirect.gov.au/mental-health-care-plan

Counselling and Support Services - Other



Womens's Information Referral Exchange (WIRE).

Free support, referral and information for Victorian women
Call: 1300 134 130
Visit: www.wire.org.au

Men's Referral Service (Vic)

Monday to Friday 8am-9pm
Weekends 9am - 5pm
Call: 1300 76 64 91
Visit: ntv.org.au/get-help/

Safe Steps

Family Violence Response Centre. Safe Steps is Victoria's 24/7 family violence support service
Call: 1800 01 51 88
Visit: www.safesteps.org.au/about-us/contact-us/

ParentLine Victoria

This is a confidential telephone helpline that offers information and counselling about parenting and relationship issues
Call: 13 22 89
Visit: www.betterhealth.vic.gov.au/health/serviceprofiles/parentline-service

Suicide Line

If you are based in Victoria and need support call our counselling team now
Call: 1300 651 251
Visit: www.suicideline.org.au/contact-us/

Financial Services

Rural Financial Counselling Services
Visit: www.agriculture.gov.au/ag-farm-food/drought/assistance/rural-financial-counselling-service/vic

Then call your preferred East Gippsland provider as detailed on the website list of Financial counsellors