

Scouts Victoria

Getting Support

Need support as an adult?

Please call 000 if someone is seriously injured, in need of urgent medical help or is in urgent danger.

For immediate support:

- Lifeline <https://www.lifeline.org.au/>

We are a national charity providing all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services. Counselling is currently offered by phone **13 11 14**, [text](#), and [email](#).

We offer confidential one-to-one, short-term support with a trained Lifeline Crisis Supporter for people who are feeling overwhelmed or having difficulty coping. We listen without judgement and provide a safe space to discuss your needs, worries or concerns. We will work with you to explore options for support.

- Beyond Blue <https://www.beyondblue.org.au/>

Beyond Blue works with the community to improve mental health and prevent suicide, so that all people in Australia can achieve their best possible mental health. Their website is full of information, advice and support to provide greater knowledge, safety and support. They also offer counselling and online networks.

For longer-term support:

- A referral for a psychologist or counsellor.

Head to a General Practitioner (GP) and book a longer consultation. When you see the doctor, be as honest as possible. Ask for a referral to a mental health professional and a mental health treatment plan. If you have other professionals in your health team (such as a physiotherapist, audiologist or any other medical professional), discuss with your doctor if they should be included in this plan.

This appointment might be hard for you emotionally and you should consider taking a support person to help you.

This plan will allow you to use Medicare to cover some of the costs. It will allow 6 sessions with a mental health professional, before you need to head back to your GP.

More information can be found here: <https://au.reachout.com/articles/getting-and-using-a-mental-health-care-plan>