



Partners in
Wellbeing



Support to manage anxiety, depression or stress

The Partners in wellbeing team is available
9am-5pm weekdays
1300 375 330



<https://partnersinwellbeing.org.au>

Free support and advice to improve mental health and wellbeing for all Victorians of all ages.

Partners in wellbeing can help improve wellbeing and offer emotional support when and as needed to help support and manage Victorians' wellbeing in difficult times.

Partners in Wellbeing can provide:

- Support from an experienced team
- Wellbeing coaching
- Online chat
- Support to manage anxiety, stress or depression.
- Access and navigation to Local Mental Health and Wellbeing Hub Services

View in KCV's Mental Health and Family Relationships resource booklet:

<https://kinshipcarersvictoria.org/wp-content/uploads/2025/05/Resource-booklet-Mental-Health-and-Family-Relationships-200525.pdf#page=11>