



MENTAL HEALTH AND WELLBEING CONNECT

Mental Health and Wellbeing Connect is dedicated to those who are supporting people living with mental health and substance use challenges or psychological distress. Free for family carers and their supporters.

Mental Health and Wellbeing Connect centres recognise families, carers and supporters as individuals with their own wellbeing needs.

Mental Health and Wellbeing Connect centres may be directly accessed free in-person via walk-in (no appointment required), or via phone and online bookings for tailored support. Centres have a wide range of support available, including:

- access to peer worker support
- access to hardship funds
- psychological and wellbeing supports
- help navigating the mental health and wellbeing system
- education and practical support
- facilitated carers groups and activities

<p>Gippsland Tel. 1300 000 717 Email: gippslandconnect@wellways.org Bairnsdale 347 Main St, Bairnsdale Traralgon 8-12 Seymour St, Traralgon Wonthaggi 108 Watt St, Wonthaggi</p>	<p>Barwon South West Tel. 1300 000717 Email: barwonsouthwestconnect@wellways.org Geelong Gnd floor 1/141 Malop St, Geelong Warrnambool 2/223 Koroit St, Warrnambool</p>
<p>Grampians Tel. 1800 962 008 Email: GrampiansMHWConnect@mindaustralia.org.au Ballarat 15 Dawson St North, Ballarat Central</p>	<p>Southeast (Metro) Tel. (03) 9066 1500 Email: connectcentre@bhn.org.au Dandenong 51 Robinson St, Dandenong 3175 South Melbourne 341 Coventry St, South Melbourne Bentleigh Level 4, 973 Nepean Highway, Bentleigh Capel Sound 11A Allambi Ave, Capel Sound Mornington Peninsula 90-100 Canadian Bay Rd, Mount Eliza Pakenham Pakenham Library John & Henry St, Pakenham Hastings 6 Wallaroo Place, Hastings</p>
<p>Hume Tel. 1800 572 129 Email: humeMHWConnect@gatewayhealth.org.au Shepparton 32 Packham St Shepparton Wangaratta 57 Rowan St, Wangaratta Wodonga Call for support. 1800 572 129</p>	<p>Northeast (Metro) Tel. (03) 8850 4150 Email: northeastmetroconnect@accesshc.org.au Ashburton 4 Y Street, Ashburton Belgrave 1616/1624 Burwood Hwy, Belgrave Ivanhoe Suite 3, 50 Upper Heidelberg Rd, Ivanhoe Eltham 917 Main Rd, Eltham Lilydale 5/9 Clarke St, Lilydale</p>
<p>Loddon /Mallee Tel.1800 979 730 Email: l od don malle@MHWconnect.org.au Bendigo 103 Wills St, Bendigo Mildura 122 Ninth St, Mildura Swan Hill Call for support 1800 979 730</p>	
<p>Western (Metro) Tel. 0429 564 269 Email: WesternMHWConnect@jss.org.au Sunshine 20 Hertford Road, Sunshine</p>	