



Released: 26 February 2024

## Trauma counselling and mental health services available

The following services are available for anyone affected by the current fires across the north and west of Victoria and are seeking mental health support or would like someone to talk to:

### Local services: Ballarat

**Head to Health Ballarat, Step Thru Care, Psychosocial support services** delivered through Ballarat Community Health  
Phone: 0490 819 710

**headspace Ballarat**  
(for people aged 12 to 25 years)  
28 Camp St Ballarat  
Phone: 5304 4777  
[info@headspaceballarat.org.au](mailto:info@headspaceballarat.org.au)

**The Orange Door Ballarat**  
Phone: 1800 219 819

**Uniting Care Ballarat Mental Health Service**  
Phone: 5332 1286

**BADAC Social and Emotional Wellbeing Team**  
Phone: 5331 5344 ex 3

**For all Primary Care needs, including referrals to mental health support, contact your local GP clinic. Alternatively for urgent needs walk into: Ballarat Priority Primary Care Centre - 4 Windermere St Ballarat.**

### Local Services: Wimmera/ Grampians

**Uniting Care Wimmera Grampians Mental Health Service (Step Thru Care)**  
Phone: 5362 4000

**Grampians Community Health Intake**  
Phone: 5358 7400

**Beaufort and Skipton Health Service**  
Phone: 5349 1612  
[alliedhealthreferral@bshs.org.au](mailto:alliedhealthreferral@bshs.org.au)

**Budja Budja Social and Emotional Wellbeing Centre**  
Phone: 5356 4751 (Halls Gap) or 5352 6700 (Ararat)

### Regional and statewide services

**13YARN (First Nations Support)**  
Phone: 13 92 76

**Beyond Blue**  
Phone: 1300 224 636

**Head to Health National**  
Phone: 1800 595 212

**Rural Financial Counselling**  
Phone: 1300 735 578

**For people needing urgent mental health support contact Grampians Health on phone: 1300 247 647**