

# GETTING HELP -

# ESSENTIAL RESOURCES



In the event of an emergency or a threat to staff, students or the general public, contact the police or other emergency services.

Phone: 000



## Human Resources (HR) Client Partners

For contact details of your HR Client Partner, visit <http://www.deakin.edu.au/hr/contacts/find-us.php> and select your Faculty, Division or work areas.

## Crisis Assessment Teams (CAT)

CAT teams operate a 24 hour service providing urgent assessment, referral and short term treatment and intervention to people who are in psychiatric crisis. CAT provides a key role in determining the most appropriate treatment options and in screening all potential hospital admissions.

### Inner Urban East

Yarra and Boroondara  
Psychiatric Triage: **1300 558 862**  
AH: 1300 558 862

### Inner South East

Greater Dandenong,  
Casey, Cardinia, and Frankston-East  
Psychiatric triage: **1300 369 012**

### Central East

Manningham, Monash-Waverly  
West, Whitehorse-Box Hill and  
Whitehorse-Nunawading West  
Psychiatric triage: **1300 721 927**

### Inner South

Melbourne (Part),  
Port Philip, Stonnington (Windsor)  
and Glen Eira (Caulfield)  
Psychiatric Triage: **1300 363 746**

### Inner West

Mooney Valley and  
Melbourne  
Psychiatric Triage: **1300 304 407**  
AH (03) 9342 7000

### Mid West

Melton and Brimbank  
Psychiatric triage: **1300 859 764**  
or **(03) 9288 7000**  
AH: 1300 859 764

### Middle South

Bayside and Kingston  
Psychiatric Triage: **1300 369 012**

### North East

Nillumbik and Banyule  
Psychiatric Triage: **1300 859 789**

### North West

Hume and Moreland  
Psychiatric triage: **1300 768 073**

CRICOS Provider Code: 00113B

**Northern**

Whittlesea and Darebin

Psychiatric triage: **1300 650 295**

## Suicide Helpline Victoria - 1300 651 251

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## Lifeline - 13 11 14

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Lifeline is a 24 hour information, referral and counselling service available to all Australians experiencing a personal crisis or thinking about suicide. Online support is also available through the Lifeline website.

Phone: **13 11 14**

Website: [www.lifeline.org.au](http://www.lifeline.org.au)

## Suicide Call Back Service - 1300 659 467

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The Suicide Call Back Service provides free crisis counselling to people who are at risk of suicide or to those caring for someone who is suicidal, or to those who are bereaved by suicide. The Suicide Call Back website also offers a range of mental health resources and tips.

Phone: **1300 659 467**

Website: [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

## Beyondblue: the national depression initiative - 1300 224 636

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Beyondblue is a national organisation that aims to increase awareness, reduce stigma and improve mental health treatment; with particular focus on depression, anxiety and related substance abuse disorders. The Beyondblue website provides accurate and easy to read information and tips on depression and anxiety related disorders, as well as a range of resources for employers, managers and the wider community.



Phone Info Line: **1300 224 636**

Website: [www.beyondblue.org.au](http://www.beyondblue.org.au)

## SANE Australia - 1800 18 SANE (7263)

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Sane Australia is a not-for-profit organisation that provides information and resources about mental illness, suicide prevention, and useful contacts. SANE are also involved in mental health research, advocacy and awareness campaigns, and run a telephone and online helpline. SANE Australia also provides specific information and fact sheets for employers, employees and managers.

Helpline: **1800 18 SANE (7263)**

Email: [helpline@sane.org](mailto:helpline@sane.org)

Phone: **(03) 9682 5933 or 1800 187 263**

Website: [www.sane.org](http://www.sane.org)

# Mensline Australia - 1300 78 99 78

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Mensline Australia is a 24 hour telephone support, information and referral service for men who may be experiencing family and relationship concerns and issues.

Phone: **1300 78 99 78**

Website: [www.menslineaus.org.au](http://www.menslineaus.org.au)

## Employment Related Contacts/Supports:

### **Job Access – An Australian Government Initiative – 1800 464 800**

JobAccess is an information and advice service funded by the Australian Government. It offers assistance and workplace solutions for people with a disability and their employers. The website has a wide range of resources, information, workplace solutions and adjustments pertaining to different disabilities. It provides comprehensive information, checklists and tools that can assist in recruitment, employer initiatives, understanding rights and responsibilities as they relate to the workplace and workplace adjustments.

Job Access provides a confidential and free telephone and online support, information and advice on the employment of people with a disability and workplace modifications.

The website also provides information about accessing the Employment Assistant Fund. The Employment Assistance Fund assists people with a disability or mental illness access financial assistance to purchase a range of workplace modifications and services.

Phone: **1800 464 800**

Website: [www.jobaccess.gov.au](http://www.jobaccess.gov.au)

### **WorkSafe Victoria**

WorkSafe Victoria is an organisation that provides information and resources about safety in the workplace. The website provides extensive information pertaining to employer rights and responsibilities about providing a safe workplace, Occupational Health and Safety, return to work, laws and regulations, safety and prevention and insurance etc.

Phone: **(03) 9641 1444 or 1800 136 089**

Email: [info@worksafe.vic.gov.au](mailto:info@worksafe.vic.gov.au)

Website: [www.worksafe.vic.gov.au](http://www.worksafe.vic.gov.au)



### **Return to Work**

Return to work is a website that provides assistance and advice to people involved in the returning someone to work after an absence from employment due to a mental health issue. The website provides tip sheets and guides for employers and employees about managing return to work, mental health in the workplace and employee absence.

Website: <http://returntowork.workplace-mentalhealth.net.au/>

# Additional Resources

## **Australian Psychological Society (APS)**

The APS is a professional association representing Psychologists. The website consists of information and resources pertaining to mental health issues for practitioners and the community. Resources, books and articles on managing mental health in the workplace can be located in the 'community information' section (psychological topics).

<http://www.psychology.org.au/community/topics/workplace/>

## **Australian Human Rights Commission**

The Australian Human Rights Commission has developed the '*Good practice, good business*' resources to provide practical information relating to discrimination and harassment. A collection of fact sheets can be found at

[http://www.humanrights.gov.au/info\\_for\\_employers/index.html](http://www.humanrights.gov.au/info_for_employers/index.html)

The Australian Human Rights Commission has information related to employment under the 'disability rights' section of the website. Their employment page contains resources on equal employment opportunity and disability. Some of this material includes: [Practical solutions and advice on disability and employment issues](#) ; [Workers with mental illness: A](#)

[Practical Guide for Managers; Better Practice Checklist: Assistive Technology](#) (Australian Government Information Management Office); [Advice on disclosure of disability](#): University of Western Sydney

[http://www.humanrights.gov.au/disability\\_rights/employment/employment.html](http://www.humanrights.gov.au/disability_rights/employment/employment.html)

## **Fair Work Ombudsman**

The Fair Work Ombudsman provides information about workplace rights, rules and employment standards. The services of the Fair Work Ombudsman are free to all workers and employers in Australia.

<http://www.fairwork.gov.au/pages/default.aspx>

The website provides best practice guides and fact sheets on various topics related to workplace issues. Some that may be of interest are: managing underperformance; workplace privacy; work and family; and consultation and cooperation in the workplace. <http://www.fairwork.gov.au/resources/best-practice-guides/pages/default.aspx>

## **Mental Health First Aid**

The Mental Health First Aid website offers a range of information and fact sheets on mental illness such as depression; anxiety; psychosis; suicide; trauma; substance abuse issues, as well as guidelines for organisations managing the return to work process following an employee's absence due to mental health issues.

<http://www.mhfa.com.au/cms/mental-health-first-aid-guidelines-project/#mhfawork>

[http://www.mhfa.com.au/cms/wp-content/uploads/2012/02/8671\\_return-to-work\\_guidelines.pdf](http://www.mhfa.com.au/cms/wp-content/uploads/2012/02/8671_return-to-work_guidelines.pdf)

## **Black Dog Institute**

The Black Dog Institute website provides fact sheets, information and a range of resources on depression and bi polar as well as general fact sheets relation to mental health, community contacts, treatments and workplace well-being.

<http://www.blackdoginstitute.org.au/factsheets/index.cfm>

### **Mental Health in Multicultural Australia**

Mental Health in Multicultural Australia is funded by the Australian Government to provide advice and support and to promote mental health and community awareness of mental health issues from culturally and linguistically diverse (CALD) backgrounds. The website provides information, fact sheets and resources about mental health in different languages.

<http://www.mhima.org.au/>

