

How to access support through the Hub

You can access support where and when it suits you. You can visit a Hub in person, have someone visit you at home, meet in a café or park, or chat over the phone.

Phone to make an appointment on 1300 375 330 or 5822 8600.

Visit www.partnersinwellbeing.org.au

Hub walk in locations:

Shepparton: 79B Wyndham Street

Monday-Fri, 8.30am-4.30pm

Shepparton: Alaya House, 3A Nixon Street,

Mon, Thurs, Fri 8.30am-4.30pm

Cobram: Cobram Community House

43 Punt Road

Tues, Wed, Thurs 10am-3pm

Appointments available outside these times.

Seymour: Location by appointment.



Wellways Australia Limited
ABN 93 093 357 165
QLD / NSW / ACT / VIC / TAS
1300 111 400 | wellways.org

1300 111 500
mental health information,
support and referral advice
Monday to Friday 9am - 9pm
(excluding public holidays)

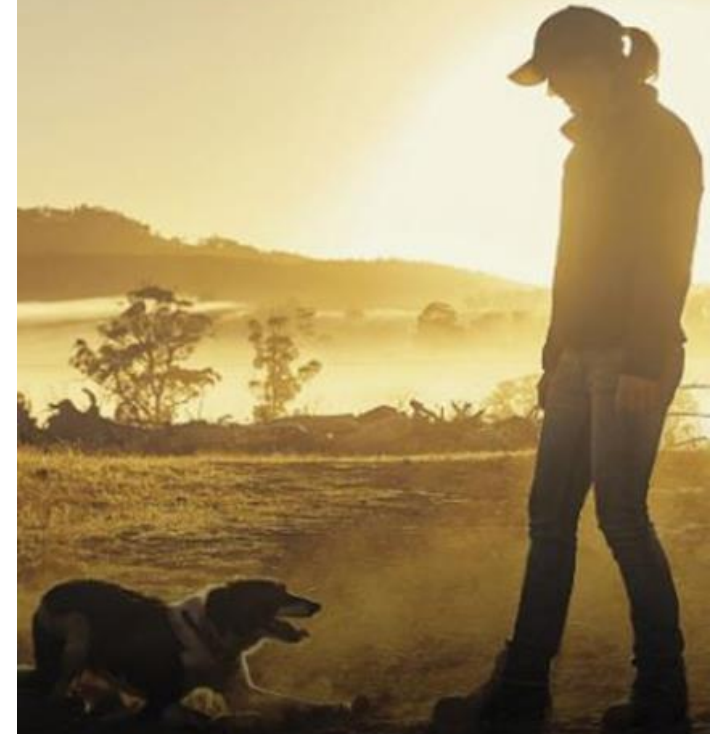


Wellways respectfully acknowledges the traditional custodians of the lands and waters of Australia.

We are committed to inclusive communities.

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Mental Health
& Wellbeing
HUB



wellways

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What services are available?

The new Mental Health & Wellbeing Hub will complement existing health services by supporting the recovery of people with new or existing mental health challenges.

Available services include:

- Wellbeing checks
- Emotional support and wellbeing coaching
- Someone to talk to who will understand your situation and help locate and link you to services and support
- Assistance to manage mental health symptoms and to address life stressors including homelessness, financial difficulties and social isolation
- Support to utilise your skills, strengths and resources
- Workshops and group activities to build your skills and make connections.

Our peer wellbeing workers will be available to people seeking support. Many of these people have their own experience of mental health challenges or are caring for someone with mental health issues.



What is a Mental Health & Wellbeing Hub?

The new Mental Health & Wellbeing Hub in the Goulburn Valley provides mental health and wellbeing services and support to people of all ages.

The pandemic and other recent natural disasters such as bushfires, drought and flood, have affected everyone in different ways and it is important to take care of your mental health and know that help is available near you.

If you are having a difficult time or feeling overwhelmed, you can access free and flexible support via a Mental Health & Wellbeing Hub.



Who can use the services?

People of all ages with new or existing mental health challenges can utilise services at a Hub.

Services are also available to family members and carers.

Referrals can be informal, and all services are free of charge.

Email: cmhws@wellways.org

About Wellways

Wellways is operating the Mental Health & Wellbeing Hub in the Goulburn Valley with support from the Victorian Government. Wellways works with individuals, families and communities to help them imagine and achieve better lives. We provide a range of services and assistance for people with mental health issues, disabilities and those requiring community care.

wellways.org