



**TIMBERCORP
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(In Liquidation)

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Mental health and wellbeing information for borrowers

This process can often be challenging. If you are concerned about your mental health and wellbeing or the wellbeing of someone you care about, below are some resources that might assist you.

If you need to speak with someone right away please call Lifeline on 13 11 14.

Your General Practitioner (GP) can be an excellent first port of call if you are worried about your mental health. They can support you to access a range of health professionals through a program called Better Access. You can find out more about Better Access here:

[http://www.health.gov.au/internet/main/publishing.nsf/content/0F792912834609B4CA257BF0001B74FA/\\$File/patients2.pdf](http://www.health.gov.au/internet/main/publishing.nsf/content/0F792912834609B4CA257BF0001B74FA/$File/patients2.pdf).

You can also get in touch with any of the support services below who provide online and telephone support for a range of concerns.

Mental health information and support

Beyondblue Support Service
1300 224 636
www.beyondblue.org.au

Mensline Australia
1300 789 978
www.mensline.org.au

Suicide Call Back Services
1300 659 467
www.suicidecallbackservice.org.au

Relationship help

Relationships Australia
1300 364 277
www.relationships.org.au

Gambling information and support

Gamblers Help – Telephone and Online Counselling
1800 858 858
www.gamblinghelponline.org.au

Drug and alcohol help (Victoria)

Direct Line – Telephone and Online Counselling
1800 888 236
www.directline.org.au

Family violence help

1800 Respect – Telephone and Online Counselling
1800 737 732
www.1800respect.org.au