



Mental Health and Wellbeing Local in the Yarra Ranges

wellways

Eastern Health 



Acknowledgement



Yarra Ranges Mental Health and Wellbeing Local acknowledge the Wurundjeri People of the Kulin Nation as the traditional custodians of the land on which we work, live and play

Mental Health and Wellbeing Local - Yarra Ranges:



- **Recommendation from the Mental Health Royal Commission**
- **Government-Funded Free Service:** Supporting residents aged 26+ in the Yarra Ranges.
- **Focus Areas:** Mental health challenges and substance use concerns.
- **Operated By:**
 - Wellways
 - Eastern Health
 - Inspiro Health
 - Oonah Health and Community Services Aboriginal Corporation
- **Tailored Support:** Wide range of services designed to meet individual needs.

Services Offered:

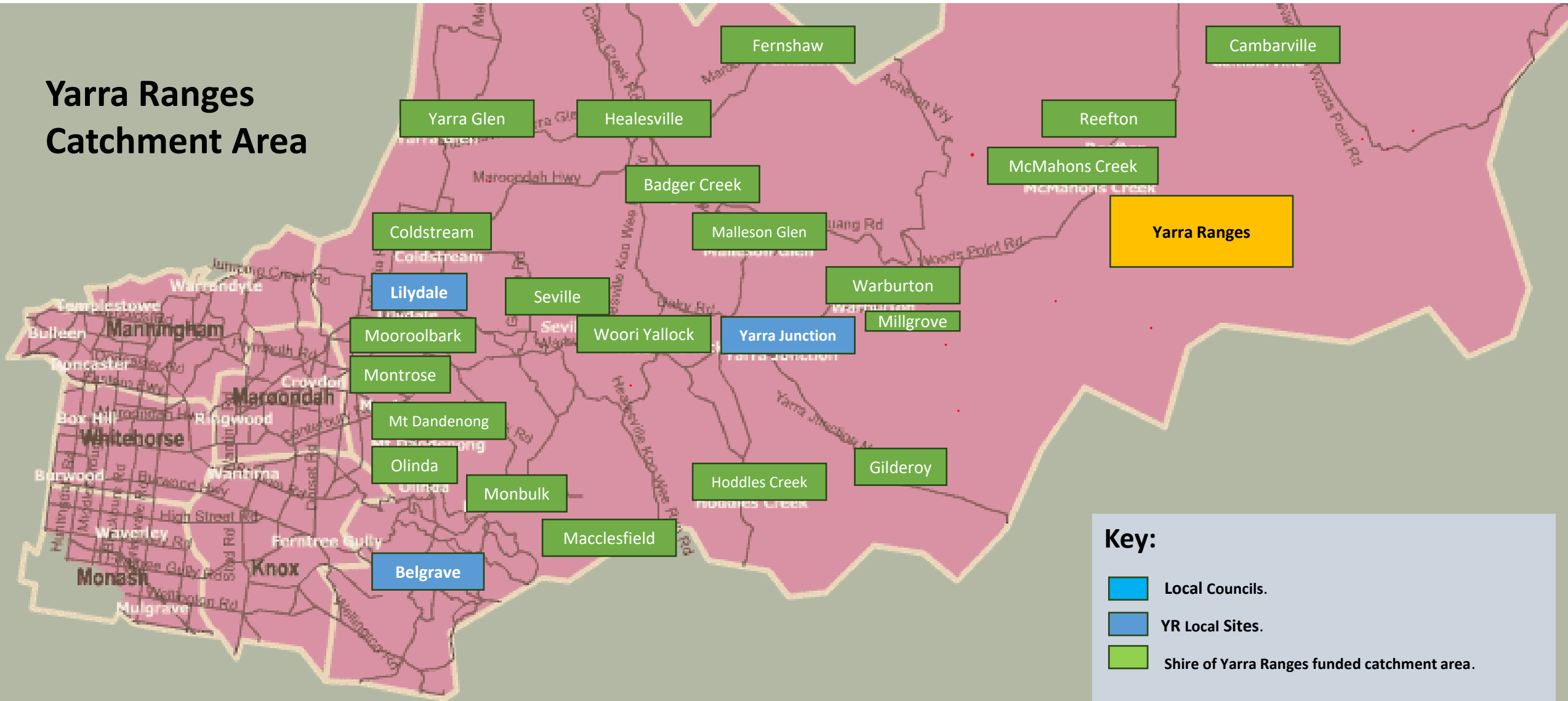


- **Counselling:** Individual and group sessions providing a safe space to discuss experiences and plan next steps.
- **Peer Support:** Assistance from individuals with lived experience to guide and support your recovery journey.
- **Alcohol and Other Drug Support:** Help to address substance use and improve overall wellbeing.
- **Local Connections:** Opportunities to engage in community-based activities to enhance social connections and reduce isolation.
- **Allied Health Therapies:** Alternative approaches to health and wellbeing through creative therapies.
- **Educational Supports:** Group sessions focusing on nutrition, exercise, and other aspects of wellbeing.

Staffing Profile



Yarra Ranges Catchment Area



Key:

- Local Councils.
- YR Local Sites.
- Shire of Yarra Ranges funded catchment area.

LEGEND

- Local Government Areas
- Main Roads
- Suburbs

Our Wish List:



- Collaboration with other Outer East Football and Netball Community Wellbeing Partners:** To support welfare education session facilitated by Outside The Locker Room, SALT, Smack Talk and Round Table Connections as a service engagement resource.
- Attend Local Games :** Provide promotional materials at select Outer East Football games.
- Support Local Club Ideas:** Provide support to any local club or league ideas to improve mental health and wellbeing outcomes in the Yarra Ranges



Contacts

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