

Consumer Resources

St Vincent's Mental Health

Physical health and wellbeing

How we work

Wellbeing is more than just exercise and diet.

At St Vincent's Mental Health & Wellbeing we recognise that good physical health and wellbeing is highly individual and can include spirituality, psychological wellbeing and connection to community.

As a consumer, you have the right to accurate information about your mental health – including diagnosis, test results, the need for treatment and any potential benefits and possible adverse effects of this (e.g., medication side effects).

We take a holistic approach that considers physical health across the following domains:

- Alcohol and other drugs
- Sexual and reproductive health
- Nutrition, exercise and fitness
- Finding the best medication and managing any side effects
- Dental and oral health

We work closely with you to meet your physical health needs and refer to appropriate services where we can't.

Our wellbeing programs

We have a range of specialists and programs that can support your physical health and wellbeing, including:

- Group Brief Intervention Group Program (including exercise and walking groups, nutrition and cooking groups)
- Physiotherapy
- Exercise physiology
- Dietician
- Physical Health Nurse



Alcohol and other drugs

There are many community resources that can support you with alcohol and other drugs, including:

DirectLine

Tel: 1800 888 236

DirectLine provides 24/7 counselling, information and referral with an extensive database of providers of drug and alcohol services. DirectLine is a free, anonymous and confidential statewide service.

Alcohol and Drug Foundation

The Alcohol and Drug Foundation (ADF) has a range of free resources including drug facts, harm reduction tips, and how to seek support.

Harm Reduction Victoria

For specific harm reduction information go to Harm Reduction Victoria and scroll down to the 'Substance Specific Brochures' where you will find practical harm reduction information specific to various drugs.

YSAS (young people)

YSAS provides effective youth alcohol and other drugs treatment and supports young people and families with services to improve mental health and meaningful community participation.

Wellbeing tools and resources

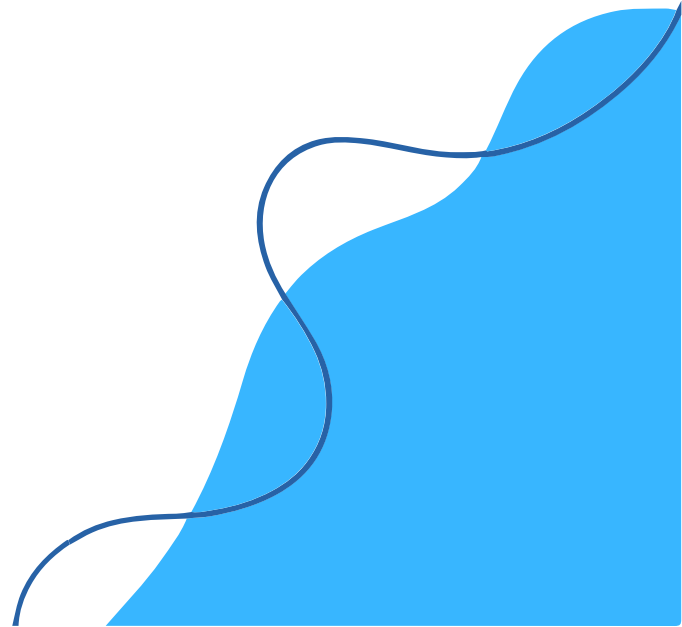
Information about different diagnoses

- Black Dog Institute - Free Mental Health Fact Sheets
- Sane - Factsheets & Guides

Wellbeing information and toolkits

Lifeline Australia and the Black Dog Institute have a range of strategies, techniques and toolkits to support your mental health and wellbeing, including:

- Mindfulness
- Finding your flow state
- Building social connections
- Self-care
- Sleep, exercise, diet



Your treatment, your rights, your choice

Advance Statement of Preferences

An advance statement of preferences sets out your treatment, care and support preferences if you become unwell and receive compulsory assessment or treatment.

We must ensure all reasonable efforts are made to give effect to the statement. To find out more about making an Advance Statement and what you might include, visit [Independent Mental Health Advocacy](#).

How to make an advance statement of preferences

You can make an advance statement of preferences at any time.

It must be:

- a written statement signed and dated by you
- witnessed by an adult (this can be a friend, family or support worker - they must watch you sign the form)

You can use the [Department of Health template](#) or make your own.

If you have an existing advance statement and would like to make a new one, you will need to revoke your previous advance statement. You can find the revocation form [here](#).

To find out more about making an advance statement and what you might include, visit [Independent Mental Health Advocacy](#).

How we can support you

If you have any concerns or wish to make a complaint about the care or service you have received, we encourage you to tell us straight away.

You can do this by:

- speaking with a member of your treating team, such as your case manager or contact nurse.
- use the suggestion boxes at each site.
- speaking with a peer worker
- contact the team or department manager if you are concerned about the services offered by the team treating you.

If you believe we have not met or addressed your concerns, please contact the St Vincent's Patient Representative Officer on (03) 9231 3108.

Other resources that can support you:

- [Psychiatric Second Opinion Service](#)
- [Mental Health Legal Centre](#)
- [Legal Aid](#)
- [Mental Health and Wellbeing Commission](#)
- [Victorian Mental Illness Awareness Council \(VMIAC\)](#)



Support lines

Crisis support, information and advice

- [Beyond Blue](#) – 1300 224 636
- [Lifeline](#) – 13 11 14
- [SuicideLine](#) – 1300 651 251
- [Suicide Call Back Service](#) – 1300 659 467

Aboriginal and Torres Strait Islander People

- [13YARN](#) – 13 92 76
- [YarningSafe'n'Strong](#) – 1800 959 563

LGBTQIA+ People

- [QLife](#) – 1800 184 527
- [Rainbow Door](#) – 1800 729 367

If you are in an emergency call 000 or visit your nearest emergency department

Family violence

To talk with someone about family violence, contact:

- [The National Sexual Assault and Domestic Violence Hotline](#) – 1800 RESPECT (1800 737 732 toll free)
- [Safe Steps](#) – 1800 015 188
- [inTouch Multicultural Centre Against Family Violence](#) – 1800 755 988
- [Domestic Violence Resource Centre Victoria](#) (03) – 9486 9866

St Vincent's Mental Health & Wellbeing has clinicians with specialist training in family violence – please talk with your treating team if you feel comfortable to do so.

Further resources

Search [AskIzzy](#) by your postcode for assistance and community resources across the following areas:

- Food
- Housing
- Money help (Centrelink, emergency funds, loans)
- Support and Counselling
- Domestic and Family Violence
- Everyday needs (Clothes, showers, and support)
- Health and Wellbeing (GPs, clinics, specialists)
- Advice and advocacy (legal issues, fines and representation)
- Work and learning (jobs, education, skills) and things to do (social and recreational)

