



# Support for Depression

## Professional support and counselling for depression

**One of the treatment options that is commonly mentioned in relation to depression is counselling. Talking with someone about how you are feeling can help you to come to terms with life changes in a positive way. There are many confidential and professional services available to help support you.**

Parkinson's Victoria and *beyondblue* are currently working together on a fact sheet specifically on depression and Parkinson's, so please keep an eye out for it on our respective websites. In the meantime, the list below is a starting point for accessing assistance that is available in Victoria.

### **Parkinson's Victoria**

(03) 9551 1122

Hours: 9am – 5pm, Monday - Friday

Provides information, referral and support about Parkinson's and provide details of statewide support groups.

[www.parkinsonsvic.org.au](http://www.parkinsonsvic.org.au)

### **Beyondblue: the national depression initiative**

Infoline: 1300 22 4636

Information and referral line staffed by Professional, for people experiencing depression and anxiety.

### **Lifeline**

13 11 14

Hours: 24 hour service

Provides confidential telephone counselling and referral for face-to-face support.

### **Relationships Australia**

(03) 9853 7570 (Head office)

Centers across Victoria provide face-to-face couple/family counselling.

[www.relationships.com.au](http://www.relationships.com.au)

### **Lifeworks**

(03) 9654 7360

Affordable professional counselling for individuals, couples, families, children and adolescents across Victoria.

[www.lifeworks.com.au](http://www.lifeworks.com.au)

### **Carers Victoria**

1800 242 636

Hours: 24-hour telephone support and information line for carers and

*Talking it Over*, a free short-term, face-to-face counselling program for carers.

[www.carersvic.org.au](http://www.carersvic.org.au)

### **Griefline**

(03) 9596 7799

Hours: 12.00pm – 3.00am, 7 days a week.

Bereavement support (anonymous) and referral to other services. Also provides support on living with chronic illness.

[www.bethlehem.org.au/Griefline/](http://www.bethlehem.org.au/Griefline/)

### **Movement Disorder Clinics**

Kingston Centre (Cheltenham) 03 9265 1411

Wantirna Health (Wantirna) 03 9955 1229

Rosebud Rehab (Rosebud) 03 5981 2166

Elsternwick Private 03 9528 6855

Nepean Rehab (Frankston) 03 9788 3320

These clinics offer multi-disciplinary programs staffed by a team of specialists in the area of Parkinson's. They offer people with Parkinson's a holistic approach to management of the condition, as well as face-to-face counselling and referral to local services.

### **Community Health Centres**

Your local Community Health Centre may also be able to provide counselling services, however waiting lists or fees may apply. You can search on the internet for your nearest centre on [www.infoxchange.net.au](http://www.infoxchange.net.au). If you wish to see a private counsellor, your GP will be able to make a referral.

**If you would like further information or would like to discuss your personal concerns in complete confidentiality, one-on-one, please contact the Duty Worker at Parkinson's Victoria.**