



Helping u 2 help them

A resource for family and friends of young people

headspace.org.au/family

Accommodation

Salvo Care Youth Services Kialla
Ph: (03) 5823 9500
salvationarmy.org.au
Office of Housing
Ph: (03) 5832 1500
dhs.vic.gov.au
Beyond Housing
Ph: (03) 5833 1000
beyondhousing.org.au
The Bridge Youth Services
Ph: (03) 5831 2390 thebridge.org.au

Family and Parenting Support

CatholicCare
Ph: (03) 58200444
Child FIRST Ph: 1300 854 944
GV FamilyCare Ph: (03) 5823 7000
Parentline Ph: 132 289
Primary Care Connect
Ph: (03) 5823 3200
Carers Victoria Support for carers
Ph: 1800 242 636
The Bridge Youth Services
Ph: (03) 5831 2390

Legal

GV Community Legal Centre
Ph: (03) 58219849 www.gvcic.org.au
Victorian Legal Aid
Ph: (03) 5823 6200
Shepparton Justice Service Centre
Ph: (03) 5858 7600
Shepparton Magistrates' Court
Ph: (03) 5821 4633
Victims Support Agency
justice.vic.gov.au/victimsofcrime

Alcohol and other Drugs

ACSO Connect
Intake and assessment into treatment services 1300 022 760
al-anon
Support to cope with someone else's drinking al-anon.org/australia/
Family Drug Support Line
Ph: 1300 368 186 24/7
Family Drug Help
Ph: 1300 660 068
Youth Drug and Alcohol Advice Service (YoDAA) Ph: 1800 458 685 24/7

Family Violence Services

Centre Against Sexual Assault (CASA)
Ph: (03) 5831 2343 1800 112 343
National Sexual Assault and Family Violence Counselling Service
Ph: 1800 015 188
Marian Community
Ph: 1800 015 188
Primary Care Connect Family Violence Program Ph: (03) 5823 3200
Aboriginal Family Violence Prevention and Legal Service PH: 1800 105 303

Material Aid

GV Community Care and Emergency Relief
Ph: (03) 5831 7755
Salvo Care
Ph: (03) 5820 8000
St Vinnies
Ph: (03) 5821 0317
Victorian Patient Transport Assistance Scheme (subsidies rural Victorians)
Ph: 1300 737 073

Counselling

Carers Victoria 1800 242 636 (counselling for carers)
CatholicCare 1300 273 528
Ph: (03) 5820 0444
Relationships Australia
Ph: (03) 5820 7444
Primary Care Connect
General counselling
Ph: (03) 5823 3200
MensLine Ph: 1300 789 978 27/4
mensline.org.au

Finances

Money Smart (helpful website)
moneysmart.gov.au
Primary Care Connect
Ph: (03) 5823 3200
Beyond Housing (HEF)
Ph: (03) 5833 1000
Salvo Care Shepparton
No Interest Loan Scheme
Ph: (03) 5820 8000

Mental Health

beyondblue Parents' guide
parentsguide.beyondblue.org.au
MI Fellowship Helpline (03) 84864222
Ph: 5822 8600 (Wellways programs)
Mind Carers Helpline
Ph: 1300 550 265
Family Mental Health Support Services (CatholicCare) Ph: (03) 5820 0444
Parenting Strategies: Preventing Depression & anxiety
parentingstrategies.net
SAFEMinds Online
Go to deecd.tech-savvy.com.au