QUICK HELP GUIDE

If you are in immediate danger call 000

Food

Feed Me Bellarine/Geelong/Surf Coast
feedme.org.au
0422 798 791
Open: Mon-Sat, check for hours online

Feed Geelong
feedgeelong.com.au
5229 4364
Open: Mon-Fri, 9am - 5pm

Help & Support Lines

Lifeline
lifeline.org.au
13 11 14
Open: 24/7

Rainbow Door
rainbowdoor.org.au
1800 729 367
Open: 7 days, 10am - 5pm

Housing & Tenancy Support

Barwon South West Entry Point
bswhn.org.au
1800 825 955
Open: 24/7

Tenants Victoria
tenantsvic.org.au
9416 2577
Open: Mon-Fri, 9.30am - 1.30pm

Mental Health

- **Barwon Health Phone Triage Team**
- **Mental Health & Wellbeing Local**

barwonhealth.org.au/mhdas
1300 094 187
1800 573 151
Open: 24/7

Head to Health
headtohealth.gov.au
1800 595 212
Ph: 24/7. Hub: Mon-Fri, 12pm - 9pm, Weekend & Public Holidays: 1pm - 6pm

Family Violence

(After hours, for both numbers go through to Safe Steps)

The Orange Door
orangedoor.vic.gov.au
1800 312 820
Open: Mon-Fri, 9am - 5pm

The Sexual Assault and Family Violence Centre
safvcentre.org.au
5222 4318
Phone: 24/7
Open: Mon-Fri, 9am - 5pm

Financial Stress

Meli
meli.org.au/money-help
5226 8900
Open: Mon-Fri, 9am - 5pm

Salvation Army Doorways
salvationarmy.org.au
13 72 58
Open: Mon-Fri, 9am - 3pm

Sexual Assault

(After hours, number goes through to Safe Steps)

The Sexual Assault and Family Violence Centre
safvcentre.org.au
5222 4318
Phone: 24/7
Open: Mon-Fri, 9am - 5pm

Aboriginal & Torres Strait Islander Support

13 Yarn
13yarn.org.au
13 92 76
Open: 24/7

Yarning Safe 'N' Strong
https://www.vahs.org.au/yarning-safenstrong
1800 959 563
Open: 24/7

Support Available to You During Times of Crisis.

batforce.org.au/quick-help-guide