

HELP MATE!



Quick-find directory for men and boys
in the greater Geelong and District region

2019/2020 Edition



Barwon Child, Youth & Family	5226 8660
– Accommodation support for young people (15-25 yrs)	
Bethany Community Support – 9am to 5pm Mon – Fri	5278 8122
Consumer Affairs Victoria	1300 558 181
– Consumer and private tenancy	5215 8500
DHHS Office of Housing	5226 4540
Horizon House – Housing support for 16-22 years old	0418 879 183
	0417 131 370
Housing Choices Australia	1300 312 447
– Housing for people on low incomes and with a disability	
Gen U – Accommodation Services	1300 558 368
– Housing and respite for people with a disability 9-5pm Mon-Fri	
Gen U – Outreach programs	5241 0685
Real Estate Institute of Victoria	9205 6666
SalvoConnect Housing and Homelessness Service	5223 5400
SalvoConnect Adult Entry Point	5223 9220
– For under 25 years	1800 825 955
Samaritan House Geelong	5248 5227
– Men's overnight crisis accommodation	0407 341 025
The Outpost - 2 Transit Place Geelong	5223 1201

Administrative Appeals Tribunal – <i>Including Social Security</i>	1800 228 333
Child Support Feedback and Complaints Line	1800 132 468
Commonwealth Ombudsman – <i>re Federal Govt services</i>	1300 362 072
Department of Human Services – <i>Complaints</i>	1800 132 468
Family Law Web Guide	www.flwg.com.au
Geelong Dispute Settlement Centre of Victoria – <i>Free, confidential dispute resolution service</i>	5215 8591
Independent Mental Health Advocacy Service	1300 947 820
Law Institute of Victoria	9607 9311
Lone Fathers Association	(02) 6239 4650
State Ombudsman – <i>re Victorian Government services</i>	1800 806 314
Tenants Victoria – <i>re landlords and agents</i>	9416 2577
– <i>Housing Commission enquiries</i>	9411 1444
VCAT – <i>Civil disputes and small claims</i>	1800 133 055

Al Anon Family Groups	1300 252 666
– Support for anyone associated with problem drinking	
Alateen – Help for teens affected by someone else's drinking problem	1300 252 666
Alcoholics Anonymous – Mutual support group	1300 222222 5229 1710
Barwon Health - Mental Health, Drugs & Alcohol Services	1300 094 187
– Assessment/advice	
Barwon Child, Youth & Family' – Alcohol and other drug treatment services for young people 12 – 25 years	5221 4466
Direct Line – 24-hour counselling, information and referral	1800 888 236
Family Drug Help – Support, info and advice	1300 660 068
Foundation 61 Inc – Residential drug & alcohol rehabilitation	0408 318 417
Headspace Geelong – Counselling and support for people 12-25 years	5222 6690
Narcotics Anonymous – Group support	www.na.org.au 1300652 820
Quitline – Telephone support and strategies to stop smoking	13 78 48
Reconnexion – Benzodiazepine support, telephone counselling	1300 273 266
SalvoConnect Alcohol and Other Drugs Service	5275 7011
– Geelong Withdrawal Unit	
– Counselling, support, programs and referral	
Stepping Up Barwon Consortium – Counselling, day programs	0466 351 485
	5221 4466
Youth Support and Advocacy Service	1800 287 585
– Youth support and withdrawal	5248 4777

Barwon Child, Youth & Family – <i>Young people 15 – 21 years</i>	5226 8600
Centrelink – <i>Employment services</i>	13 28 50
Diversitat Training – <i>Service for migrants and refugees</i>	5240 9555
Encompass College of Education and Training	5222 2819
G-Force Employment Solutions	5229 9144
– <i>Employment services including youth program for 15-21 years</i>	
Jobwatch Inc – <i>Employment Rights Legal Centre</i>	1800 331 617
Gen U – <i>Training that helps people overcome their barriers</i>	1300 582 687
Mackillop Family Services Education	5248 2557
– <i>Specialist programs for disengaged youths</i>	
MAS National Apprenticeship Services	1300 627 628
– <i>Support services for apprentices</i>	
MatchWorks – <i>Employment for all people including those with a disability</i>	5229 8733
The Gordon Tafe – <i>Short and nationally accredited courses</i>	5225 0500
U3A Geelong – <i>Retired senior's courses</i>	5244 5114

Bethany Community Support – <i>Behaviour change and counselling</i>	5278 8122
Centacare – <i>Support to victims of violent crime</i>	1300 033 818
Geelong Men’s Counselling Service – <i>Anger management counselling</i>	0419 187 475
Lifeworks – <i>Relationship counselling and education services</i>	1300 543 396
Mensline – <i>24 hr support for men and their families</i>	1300 789 978
Men’s Referral Service – <i>12noon-9pm Mon-Fri</i>	1300 766 491
Relationships Australia – <i>Counselling and groups</i>	1300 364 277
Safe Steps Family Violence – <i>First response service toll free</i>	1800 015 188
Sexual Assault and Family Violence Centre Geelong (<i>merging of Minerva, Barwon Casa, Women’s services</i>) – <i>For male/female victims of sexual and other abuse</i>	52224318 1800 806 292
Switchboard Victoria – <i>Violence support for LGBTQIA people</i>	1800 542 847
Teens and family violence	www.burstingthebubble.com
The Barwon Orange Door – <i>Safety and Support Hub for women & young children</i> –	1800 312 820
Victims of Crime Helpline – <i>For male or female victims</i>	1800 819 817
Uniting Barwon Wesley Centre – <i>Counselling 9am-5pm</i>	5222 4101
1800 RESPECT – <i>National sexual assault and domestic violence services</i>	1800 737 732

- Colac Area Health Family Services – *The Orange Door* 5232 5500
- Dadslink (YMCA) – *Social activities and support for dads and kids* 8397 3117
www.victoria.ymca.org.au/discover/community-programs/dadslink.html
- Fathering Adventures www.fatheringadventures.com.au 0431 839 035
 – *Father and son outdoor adventures*
- Me, Dad and Grandad 0418 538 569
 – *Playgroup for children with their dads/grandads*
- Parents without Partners www.pwpvic.com 5277 0281
 – *Regular social activities for single parents and children*
- Parentlink (YMCA) www.victoria.ymca.org.au/parentlink 5223 2714
 – *Social activities and support for single parent families*
Phone enquiries are only available on Wednesdays 9am-5pm
- Pathways Foundation www.pathwaysfoundation.com.au 1300 850 766
 – *Rites of passage camps for young teens*
- SingleParents ActiveKids www.singleparentsactivekids.org
 – *Weekly activities for custodial and access single parents and kids*
- See also your LOCAL COUNCIL for local events & programs.*

3216 Connect Inc – <i>Food parcels, material aid for 3216 area</i>	0402 931 429
Christ Church Community Meals – <i>Breakfast everyday 7.30am-9am</i>	
<i>Dinner Monday and Wednesday 5pm-6.30pm</i>	0409 176 409
Drysdale Family Support Inc	5253 2099
– <i>Food parcels, clothing, Tues 12.30-3pm</i>	
Geelong Food Relief Centre – <i>Food relief for low income families,</i>	5278 6588
<i>10-3pm Mon-Fri</i>	
Northside Geelong Community Centre – <i>Salvation Army</i>	5275 7771
<i>Lunch Tues-Friday 12noon</i>	
Portarlinton Food Assistance Program	5258 6140
– <i>Emergency foodrelief for people in the 3223 postcode</i>	
OneCare – <i>Community meal every Thursday 11.30am</i>	5229 2133
SalvoConnect – <i>Doorways – Emergency Food Relief</i>	0439 140 100
St Mary's Parish Pantry – <i>150 Yarra Street Geelong</i>	
<i>Food relief for low income families and refugees Tues, Wed, Friday 1- 3pm</i>	
St Vincent de Paul Society – <i>Food, clothing and furniture</i>	5221 9170
The Lazarus Community Centre – <i>202 Myers St Geelong</i>	5229 0450
<i>Shower & laundry facilities, lunch daily Mon-Fri 9.30am-4pm</i>	
The Outpost – <i>Lunch and dinner weekday service for families in need</i>	5223 1201
<i>Saturday and Sunday Dinner only 7pm</i>	
Uniting Barwon – <i>Emergency relief, food vouchers</i>	
<i>Mon, Wed, Fri 9.30am-12noon – Grovedale</i>	4210 1100
<i>Mon, Tues, Thur, Fri 9.30am-12noon – Norlane</i>	5278 8492
Utility Relief Grant Scheme – <i>Assistance to pay utility bills</i>	1800 658 521

Professional help

- Bethany Community Support – *Gambler's help* 5278 8122
 Diversitat Financial Counselling/Gambling
 – *Support on financial matters* 5221 6044
 Gamblers Anonymous – *Support group for compulsive gamblers* 9696 6108
 Gambler's Helpline – *Free, confidential advice available 24 hours* 1800 858 858
www.gamblinghelponline.org.au

OneCare Geelong – The Recovery Course 9 week program 5229 2133

*Many counsellors and psychologists also deal with addictions.
 Your GP could also refer you to a private practitioner who may
 be Medicare approved for up to 10 free sessions.*

Self-help for addiction

- Gambling <http://www.responsiblegambling.vic.gov.au/getting-help>
 General www.addictionrecoveryguide.org
 Internet www.netaddiction.com

*– Issues include online gaming, online gambling, cyberporn,
 cybersex, chat room, eBay and Facebook*

Barwon Health Information and Access Service – <i>Health service referral process</i>	1300 715 673
Barwon Network of Neighbourhood Houses	5241 4810
Better Hearing Australia (Vic)	9510 1577
Diabetes Victoria (Barwon Region) – <i>Education services</i>	5249 0700
Dental Health Services Victoria	1300 360 054
QLIFE Gay and Lesbian Switchboard (Victoria) Inc	1800 184 527
NURSE-ON-CALL' – <i>24/7 advice and referral</i>	1300 606 024

HOSPITALS

Apollo Bay (Otway Health) 37-43 McLachlan St, Apollo Bay	5237 8500
Colac Area Health – 2-28 Connor St, Colac	5232 5100
Epworth Geelong – 1 Epworth Place, Waurin Ponds	5271 7777
Lorne Community Hospital – Albert St, Lorne	5289 4300
St John of God – Myers Street, Geelong	5226 8888
The Geelong Clinic – 98 Townsend Rd, St Albans Park	5240 0700
University Hospital, Barwon Health – Bellerine Street, Geelong	4215 0000
Winchelsea Hospital – 8-10 Gosney St, Winchelsea	5267 1200

Andrology Australia <i>'What every man needs to know'</i>	www.andrologyaustralia.org
Better Health Channel	www.betterhealth.vic.gov.au
Foundation 49	www.49.com.au
HealthDirect Australia	www.healthdirect.gov.au 1800 022 222
Men's Health Australia	www.menshealthaustralia.net
VicHealth	www.health.vic.gov.au

Barwon Community Legal Service – <i>Free legal service</i>	1300 430 599
Centrelink – <i>Drought and Farmers Assistance Hotline</i>	13 23 16
Centrelink – <i>Families and Parents Line</i>	13 61 50
Centrelink – <i>Indigenous Call Centre</i>	1800 136 380
Centrelink – <i>Multilingual call to get info in your language</i>	13 1202
Dispute Settlement Centre of Victoria – <i>Advisory service</i>	1300 372 888
Diversitat Financial Counselling – <i>Support for individuals/families experiencing financial difficulty</i>	5221 6044
Family Relationships Advice Line – <i>8am – 8pm</i>	1800 050 321
Geelong/Surfcoast Veteran's Centre – <i>Financial advice & support for ADF, veterans etc</i>	5223 6003
Good Money – <i>No interest/low interest loans for low income earners</i>	5223 8000
Law Institute of Victoria www.liv.asn.au	9607 9311
Mental Health Legal Centre Inc.	1800 555 887
National Debt Help Line – <i>Free financial counselling service</i>	1800 007 007
Rural Financial Counselling Victoria – <i>Financial & related personal counselling</i>	1300 735 578
Victims of Crime Helpline	1800 819 817
Victorian Aboriginal Legal Service	1800 064 865
Victoria Legal Aid	5226 5666
Villamanta Disability Rights Legal Service Inc	5227 3338

Barwon Health Mental Health – Drugs & Alcohol Services <i>24 hr triage service</i>	1300 094 187
Beyond Blue – <i>Depression info hotline</i>	1300 224 636
CAMHS – <i>Child & Adolescent Mental Health Service</i>	4215 8600
GriefLine – <i>Support for grieving adults and kids</i>	9935 7400
GROW – <i>Groups and resources for those not coping</i>	1800 558 268
headspace – <i>Support for young people – Corio/ Geelong</i>	5222 6690
Gen U – <i>Mental health services</i>	1300 558 368
Mind Works Geelong – <i>Self-help service</i>	5222 5999
Mental Illness Fellowship Victoria – <i>Support, education, advocacy</i>	8486 4222
MeWell – <i>Mental health support co-ordination service</i>	5229 8925
– <i>For clients with NDIS funding</i>	1800 258 258
SANE Australia – <i>Helpline and resources</i>	1800 187 263
STEPMI (<i>Services and Treatment for Enduring and Persistent Mental Illness</i>)	1300 050 093
– <i>Psychological support, counselling and recovery. GP referred</i>	
SuicideLine (Victoria) 24 hour service	1300 651 251
Suicide Call Back Service 24/7- Immediate telephone counselling	1300 659 467
LifeLine	13 11 14
beyondblue	www.beyondblue.org.au
Black Dog Institute	www.blackdoginstitute.org.au
DepressionNet	www.depressionnet.org.au
eheadspace	www.eheadspace.org.au
ReachOut – <i>Support for depression</i>	www.au.reachout.com
MoodGym	www.moodgym.au.edu.au
Mental Health in Multicultural Australia	www.mhima.org.au