

'Looking out for your mates' is a quality Australians can be proud of. This handy tool could get you or a mate through some tough times by getting connected to the help that is out there. Keep it with you at all times and call us to get some to hand around.

You never know when someone will need **HELP MATE!**

Original concept by Dads in Distress Inc.

Supported by Hope Bereavement Care, Bellarine Otway District Freemasons, Suicide Prevention Awareness Network, Barwon Health.

Disclaimer: The inclusion of a service provider does not imply endorsement.

You will need to make your own assessment of the service or program.

Corrections or suggestions to Hope Bereavement Care – 4215 3358

Email: hope@bereavement.org.au

About **HELP MATE!**

Australian Men's Sheds Association – Geelong Area www.geelongaustralia.com.au/menssheds	1300 550 009
Dads in Distress – <i>A national peer support and referral service for dads and families going through the trauma of family breakdown and separation from their children</i>	1300 853 437
Dadslink – <i>Social activities, support and referral</i>	8397 3117
GROW – <i>Groups and resources for those not coping</i> <i>Meets at St John of God Hospital Warrnambool</i>	1800 558 268
Lone Fathers Association – <i>National self help, information and advocacy</i> www.lonefathers.com.au	(02) 6239 4650
MCS P/L – <i>Surviving a Mid Life Crisis</i>	0417 33 44 34
MyCommunity – <i>Social support programs</i>	1300 558 368
Older Men: New Ideas (OM:NI) Groups – <i>Men 50+ friendship and mutual support</i>	5254 1587
Prostate Support Group – Geelong – <i>Prostate info and support</i>	0419 254 525
The Shed Online – <i>Online support</i> www.theshedonline.org.au	

Barwon Child, Youth & Family – <i>Family support services</i>	5221 4466
Bethany Community Support – <i>Family support</i>	5278 8122
CatholicCare – <i>Family support and counselling</i>	5221 7055
Drummond Street Services – <i>Family support</i>	9663 6733
Family Relationships Advice Line – <i>Information and referral</i>	1800 050 321
Family Relationship Centre – <i>Parenting mediation and relationship support after separation</i>	5246 5600
Gateways – <i>Strengthening parenting support program</i>	5221 2984
Grandparents Victoria Inc statewide – <i>Help and support</i>	9372 2422
MacKillop Family Services	5278 9211
Maternal and Child Health Centres – <i>City of Greater Geelong</i>	5272 4741
Maternal and Child Health Line – <i>Statewide</i>	13 22 29
Parentline – <i>Telephone support, strategies and referral advice</i>	13 22 89
Relationships Australia – <i>Parenting advice and referrals</i>	1300 364 277
Stepfamilies Australia – <i>Support and resources</i>	9663 6733
St John of God Raphael Services	5221 7333

Self-help options

www.raisingchildren.net.au

Child and Youth Health www.cyh.com

Bethany Community Support – <i>Men's counselling</i>	5278 8122
CatholicCare – <i>Family and relationship counselling</i>	5221 7055
Compassionate Friends Victoria – <i>Grieving the loss of a child</i>	1300 064 068
Family Relationships Advice Line	1800 050 321
Geelong Men's Counselling Service – <i>Men's counselling service</i>	0419 187 475
Headspace Geelong – <i>For young people 12-25 years</i>	5222 6690
Hope Bereavement Care	
– <i>Support after the sudden death of a loved one</i>	4215 3358
Lifeworks Relationship Counselling and Education Services	1300 543 396
Mensline – <i>24/7 telephone free professional counselling</i>	1300 789 978
Men's Referral Service – <i>Family violence phone counselling</i>	1300 766 491
Red Nose (formerly SIDS & KIDS) – Hope Bereavement Care	4215 3358
	1800 240 400
Rural/Financial Counselling Victoria	
– <i>Personal, family and financial counselling</i>	1300 735 578
SASGR – <i>Support After Suicide Geelong region</i>	4215 3358
Uniting Barwon Wesley Centre – <i>Counselling services</i>	5222 4101
<i>Your GP could also refer you to a psychologist or counsellor who may be Medicare approved for up to 10 free sessions.</i>	
<i>Check www.serviceseeker.com.au for local counselling options</i>	

Family Relationships Advice Line and Centres	1800 050 321
Family Relationship Centre Geelong – <i>Support, mediation and programs for families – Free call</i>	1300 656 043
Child Support Agency www.csaonline.gov.au	13 12 72
Dads in Distress – <i>Support groups and referrals for dads</i>	1300 853 437
Family Law Court of Australia – <i>Child support help</i>	1300 352 000
Family Law Courts National Enquiry Centre	1300 352 000
Federal Magistrates Court – Melbourne	1300 352 000
Lone Fathers Association of Australia	02 6239 4650
MENDS – <i>Courses and tips for separated men</i> www.mends.com.au	1300 363 361
Mensline – <i>24/7 professional counselling for men and families</i>	1300 789 978
Parentlink – <i>Activities and support for single parent families</i>	9345 8004
Relationships Australia – <i>Courses and counselling</i>	1300 364 277
Salvation Army Family Tracing Service – <i>Reuniting families</i>	8878 4795
International Social Services – <i>Child tracing service, counselling, mediation and advice for parents with children overseas or at risk of being removed from Australia against their will</i>	1300 657 843
Self-help option www.familylawwebguide.com.au	

Crisis contact numbers

For immediate suicide intervention call the POLICE

Lifeline – 24/7 counselling for men and families	000 13 11 14
SuicideLine (VIC) – 24/7 telephone counselling	1300 651 251
Suicide Call-back Service – 24/7 telephone support	1300 659 467
Barwon Health – Mental Health, Drugs & Alcohol Services – Mental health assessments, support and triage	1300 094 187

Counselling and support following a suicide bereavement

beyondblue – Depression info hotline	1300 224 636
headspace Geelong – For young people 12-25 years	5222 6690
Mensline – 24/7 counselling for men and families	1300 789 978
Suicide Call-back Service – 24/7 telephone support	1300 659 467
Support After Suicide (Hope Bereavement Care) Geelong Region	4215 3358
Support After Suicide (Jesuit Social Services) Richmond	9421 7640

Self-help option

SuicideLine	www.suicideline.org.au
beyond blue – Finding your way back	www.beyondblue.org.au
Zero Suicide	www.zerosuicide.sprc.org

For more than TWO WEEKS have you:

- Felt sad, down or miserable most of the time?
- Lost interest or pleasure in most of your usual activities?

If you answered 'YES' to either of these questions, have you also:

- Lost or gained a lot of weight or had a change in appetite?
- Had problems sleeping? Feeling tired? No energy?
- Felt slowed down, restless or excessively busy?
- Felt worthless or felt excessively guilty?
- Had poor concentration? Confused? Indecisive?
- Felt alone or have been withdrawing from others?
- Had recurrent thoughts of death or wanting to die?

If you answered 'YES' to either of the first two questions AND some others you may have depressive symptoms and need to see a doctor without delay.

Child Support Agency – <i>Community services directory</i>	www.csaonline.gov.au
Commonwealth Carelink Services – <i>Local services database</i>	1800 052 222
Dads in Distress Inc.	www.dadsindistress.asn.au
Dads on the Air (89.3FM 2GLF)	www.dadsontheair.com.au
Family Relationships Online	www.familyrelationships.gov.au
Dads 4 Kids (AUS)	www.fatherhood.org.au
Fatherhood Insititute (UK)	www.fatherhoodinstitute.org
Infoxchange	www.serviceseeker.com.au
Mensline Australia	www.mensline.org.au
Mensheds Australia	www.mensheds.org.au
Men's Referral Service	www.mrs.org.au
My Grief Assist	www.mygriefassist.com.au
National Fatherhood Initiative (USA)	www.fatherhood.org
Samaritan House Geelong	www.samaritanhousegeelong.com.au

Leisure Networks – <i>Connecting people to their communities</i>	5222 3911
National Disability Insurance Scheme	1800 800 110
Victorian Deaf Society www.vicdeaf.com.au	5221 2602 TTY: 52224403
Wathaurong Aboriginal Service	5277 0044
Centrelink Indigenous Call Centre	1800 136 380
Migrant help	
Diversitat Settlement Services & Community Programs	5260 6000
Multicultural Aged Care Services Geelong Inc	5279 6800
Translation and Interpreting Service	131 450
Veterans	
Department of Veterans Affairs	1800 555 254
Veterans Access Network	1800 555 254
Veterans and Veterans Families Counselling Service	1800 011 046
Rural Health	www2.health.vic.gov.au
Seniors Seniors Online Victoria	www.seniorsonline.vic.gov.au
Volunteering	
Dads in Distress – <i>Training to open and run a support group</i>	1300 853 437
CFA – Country Fire Authority	1800 232 636
Gen U – Supporting people with disabilities	1300 558 368
Men's Shed Victoria – <i>Share your skills with other men</i>	0408 465 228
SES – State Emergency Service	1300 842 737
Volunteering Geelong – <i>Connecting volunteers</i>	5221 1377

2019 Victorian school terms

January						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April						
S	M	T	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May						
S	M	T	W	Th	F	Sa
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August						
Su	M	Tu	W	Th	F	Sa
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Term 1: 29 January to 5 April

Term 2: 23 April to 28 June

Term 3: 15 July to 20 September

Term 4: 7 October to 20 December

2020 Victorian school terms

January						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

March						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April						
S	M	T	W	Th	F	Sa
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May						
S	M	T	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October						
Su	M	Tu	W	Th	F	Sa
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Term 1: 28 January to 27 March

Term 2: 14 April to 26 June

Term 3: 13 July to 18 September

Term 4: 5 October to 18 December

POLICE, FIRE, AMBULANCE

– If overseas or using a locked or out-of-service mobile

Dept of Human Services – *Child protection*

Domestic Violence

Energy Safe Victoria

Kids Helpline

Lifeline

Maternal and Child Health Line

Mensline

Nurse on Call

Parentline

Poisons Information Centre

Rural Health

State Emergency Service – Flood or storm assistance

Suicide Line (Vic)

Suicide Call Back Service

Bushfire Information Line

Worksafe Victoria Emergency Response Line

000

112

1800 075 599

AH 13 12 78

1800 737 732

13 27 71

1800 551 800

13 11 14

13 22 29

1300 789 978

1300 606 024

13 22 89

13 11 26

1300 366 356

13 25 00

1300 651 251

1300 659 467

1800 240 667

13 23 60