



### **Beyond Blue**

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

PH: 1300 22 46 36 – call 24 Hrs

Depression and Anxiety information and support

### **Youth Beyond Blue**

[www.youthbeyondblue.com](http://www.youthbeyondblue.com)

PH: 1300 22 46 36 - call 24 Hrs

or chat online from 3pm-12am

### **Youth Emergency Accommodation Line**

1800 424 830

### **Reachout**

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

Information and support re: Mental Health, Alcohol and Drugs, Tough Times, Bullying and Abuse, Loss and Grief

### **Recovery Hub**

[www.recovery.awh.org.au](http://www.recovery.awh.org.au)

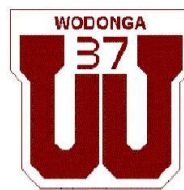
Activities, articles and practical resources to help improve your health and wellbeing

### **Anxiety Disorder Support Line**

1300 794 992

### **Butterfly Foundation (Eating Disorders)**

1800 33 46 73 (Mon-Fri 8am—9pm)



## Emergency Supports

### **Police, Fire, Ambulance**

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### **Lifeline**

PH: 13 11 14 (24/7)

[Lifeline.org.au](http://Lifeline.org.au)

### **Suicide Call Back Service**

PH: 1300 65 94 67 (24/7)

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

phone counselling service or online web chat

Support for anyone who is feeling suicidal

### **Kids Help Line (5-25y.o)**

PH: 1800 55 1800

[kidshelp.com.au](http://kidshelp.com.au)

Phone counselling or online text chat

### **Victims of Crime Helpline**

1800 819 817

### **Alcohol and Drug Information Service**

1300 85 85 84



## Parents Guide to Community Agencies



### **Gateway Health Wodonga**

PH: (02) 6022 8888 or 1800 657 573

E: [info@gatewayhealth.org.au](mailto:info@gatewayhealth.org.au)

155 High Street, Wodonga (9am-5pm. Mon-Fri)

Counselling and Mental Health Support, Parenting Support, Health Promotion and Medical Practices

### **Headspace – Wodonga**

PH: 1800 650 890 (02) 6055 9555

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

Support for young person or their family who are going through a tough time.

### **Parent Line**

PH: 1300 301 300

### **Junction Support Services**

PH: 02 60 437 400

E: [reception@junction.org.au](mailto:reception@junction.org.au)

For families that are homeless or at risk of homelessness.

### **Mungabareena Aboriginal Corporation**

PH: 02 60 247 599

Provides referral and support for Indigenous families.

Wodonga Primary School  
Cnr Brockley & Mitchell Streets  
Wodonga Vic 3690  
T: 60480300  
E: [wodonga.ps@edumail.vic.gov.au](mailto:wodonga.ps@edumail.vic.gov.au)  
W: [www.wodonga-ps.vic.edu.au](http://www.wodonga-ps.vic.edu.au)

*Collaboration \* Culture \* Challenge \* Community \* Curiosity*

### **Beyond Housing—(formerly Rural Housing)**

PH: 02 6055 9000. After Hours 1800 823 955

E: [info@beyondhousing.org.au](mailto:info@beyondhousing.org.au)

[beyondhousing.org.au](http://beyondhousing.org.au)

82 High St., Wodonga. (9am-5pm. Mon-Fri)

Emergency Accommodation, Transitional Housing,  
Community Housing

### **Legal Aid**

PH: 1800 677 402 (Mon—Fri. 8am—6pm)

[legalaid.vic.gov.au](http://legalaid.vic.gov.au)

Provides free information over the phone about the law  
and how they can help you.

### **Family and Relationship Centre**

Central Intake PH: 60575399

E: [frs@umfc.com.au](mailto:frs@umfc.com.au)

Assists families affected by separation to come to child  
focused parenting arrangements. Support families  
in reaching agreements out of court.

### **Mates in Construction**

PH: 1300 642 111

### **Mensline Australia**

PH: 1300 78 99 78 or 1800 600 636

[mensline.org.au](http://mensline.org.au)

### **Dad's in Distress**

PH: 1300 853 437

### **GP Referral**

Contact your GP and enquire about a  
Mental Health Plan for subsidised (Medicare Rebate)  
Psychologist sessions for parent or child.

### **Child First**

PH: 1800 705 211

Provides information, advice and support to children and their  
families. Links families to services.

### **CHIPS (Child Health Intervention and Parent Support)**

PH: 60 228 888 or 0438 567 247 f

or enquiries to CHIPS Coordinator

For Children 0-12 requiring social, emotional, or  
behavioural support, a parent must be willing to be  
involved and provide consent.

### **NECAMHS – North East Child and Adolescent Mental Health Service**

PH: (02) 6051 7900

After Hours phone: 1300 881 104

Mental Health Services for children 0-18 years who are in  
need of specialist mental health support

### **Child Protection**

1300 360 391

After Hours—13 12 78

### **Sexual Assault Counselling Australia**

PH: 1800 211 028 (Mon-Fri 8am-11pm)

Counselling, information and referral

### **Centre Against Violence (CAV)**

PH: (03) 5722 2203 (Mon-Fri 9-5pm)

In-person counselling service

### **For After Hours Sexual Assault issues**

PH: 1800 806 292 (free call 24/7)

### **After Hours Domestic/Family Violence issues and Crisis Accommodation**

PH: 1800 015 188 (free call 24/7)

### **National Sexual Assault, Family and Domestic Violence**

PH: 1800 737 732 (24/7)

### **Aboriginal Family Violence Prevention and Legal Service**

PH: 1800 105 303

### **Victims Assistance Program**

PH: 1300 362 739

Support and Counselling for victims of crime  
including family violence

### **Support After a Suicide**

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