

# Guide to Support Services and Resources

## Apps

 <p>FREE Mindfulness App Mindfulness and meditation activities for adults and children</p> <p>Download on the  App Store  GET IT ON Google Play</p>	 <p>ReachOut Australia Breathe FREE Guided Breathing App (iPhone and iPad)</p> <p>Download on the  App Store</p>	 <p>Meditation and Mindfulness App to help with reducing stress, focus more and sleep better. Helps you track your progress.</p> <p>Download on the  App Store  GET IT ON Google Play</p>
 <p>BREATH, THINK, DO WITH SESAME</p> <p>FREE Learn problem solving strategies and calming techniques</p> <p>Download on the  App Store</p>	 <p>COSMIC KIDS</p> <p>Yoga and Mindfulness for Kids</p> <p>Download on the  App Store  GET IT ON Google Play</p> <p> YouTube</p>	 <p>STOP, BREATHE &amp; THINK KIDS</p> <p>Mindfulness and Meditation for kids</p> <p>Download on the  App Store  <a href="https://kidsapp.stopbreathethink.com/parent">stopbreathethink.com Web App</a> <a href="https://kidsapp.stopbreathethink.com/parent">https://kidsapp.stopbreathethink.com/parent</a></p>
 <p>BREATHLY</p> <p>FREE Guided breathing techniques to help relaxation</p> <p>Download on the  App Store  GET IT ON Google Play</p>	 <p>RELAX MELODIES</p> <p>Sleep sounds to calm &amp; mediate</p> <p>Download on the  App Store  GET IT ON Google Play</p>	 <p>STOP, BREATHE &amp; THINK</p> <p>Meditation and Mindfulness</p> <p>Download on the  App Store  GET IT ON Google Play</p>
	 <p>Guided Meditation to lower stress, reduce anxiety and increase sleep.</p> <p>Download on the  App Store  GET IT ON Google Play</p>	

## Kids Supports and Resources

 <p><a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a></p> <p>PH: 1800 55 1800</p> <p>Phone counselling or online text/chat for children up to 18 years old</p> <p>The website has supports and information for children, parents and educators</p>	 <p><a href="https://headspace.org.au/">https://headspace.org.au/</a></p> <p>PH: 1800 650 890 OR (02) 6055 9555 (Albury/Wodonga)</p> <p>Support for young people (12-25 years old) and their family who are going through a tough time</p>	 <p><a href="http://www.studentwellbeinghub.edu.au">www.studentwellbeinghub.edu.au</a></p> <p>Information for parents, students and educators to support wellbeing, as well as reducing the risk of anxiety and depression in children and young people</p>
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## Family Support

 <p><a href="https://orangedoor.vic.gov.au/what-is-the-orange-door">https://orangedoor.vic.gov.au/what-is-the-orange-door</a></p> <p>PH: 1800 271 157 (9am-5pm Mon-Fri) 27/29 Stanley St., Wodonga VIC 3690</p> <p>A FREE service for adults, children and young people who are experiencing or having experienced family violence and families who need extra support with the care of children.</p>		
 <p><a href="https://gatewayhealth.org.au/">https://gatewayhealth.org.au/</a></p> <p>PH: (02) 6022 8888 Freecall: 1800 657 573 E: <a href="mailto:info@gatewayhealth.org.au">info@gatewayhealth.org.au</a></p> <p>155 High Street Wodonga, VIC 3690</p> <p>Hours: Mon-Fri 8am-6pm</p> <p>Provides a range of support services, counselling and health services for children, families and men.</p>	 <p><a href="https://junction.org.au/">https://junction.org.au/</a></p> <p>PH: (02) 6043 7400 E: <a href="mailto:reception@junction.org.au">reception@junction.org.au</a></p> <p>9/155 Melbourne Rd., Wodonga VIC 3690</p> <p>Hours: Mon-Fri 9am-5pm</p> <p>Supports people who are disadvantaged through poverty, homelessness, family breakdown, social isolation, family violence, mental ill health and drug and alcohol addiction.</p>	 <p><a href="https://www.umfc.com.au/">https://www.umfc.com.au/</a></p> <p>PH: (02) 6055 8000 Head Office (Wodonga) E: <a href="mailto:admin@umfc.com.au">admin@umfc.com.au</a></p> <p>27/29 Stanley St., Wodonga VIC 3690</p> <p>Hours: Mon-Fri 9am-5pm</p> <p>Assists families affected by separation to come to child focused parenting arrangements. Support families in reaching agreements out of court.</p>

## CHILD FIRST

PH: 1800 705 211

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



<https://www.facebook.com/North-East-Eating-Disorders-Support-Group-LTD-NEEDS-639535619827526/>

Support group for those experiencing Eating Disorders



[www.openarms.gov.au](http://www.openarms.gov.au)

1800 011 046

Counselling for current serving armed forces personnel, veterans and their families.



<https://parentline.com.au/>

PH: 1300 301 300

Free counselling and support for parents and carers.



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

Workshops and Online resources to support and improve educational outcomes for students with autism.



<https://www.ndis.gov.au/>

1800 800 110

Support for people with a disability, their families and carers



Gender Service

<https://gatewayhealth.org.au/gender-diverse>

PH: (02) 6022 8888

Freecall: 1800 675 573

Or Coordinator: Kerry Power –  
0419019254

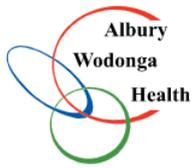
155 High St., Wodonga VIC 3690

Hours: Mon-Fri 9am-5pm

Support service for trans, gender diverse, and non-binary children aged 3-17 years old and their families.

# Mental Health, Anxiety and Depression

 <p><a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a></p> <p>PH: 1300 22 46 36 (Call 24/7)</p> <p>Depression and Anxiety Information and Support.</p>	 <p><a href="https://au.reachout.com/">https://au.reachout.com/</a></p> <p>Information and Support re: Mental Health, Alcohol and Drugs, Tough times, Bullying and Abuse, Loss and Grief.</p>	 <p><a href="http://www.recovery.awh.org.au">www.recovery.awh.org.au</a></p> <p>Activities, articles and practical resources to help improve your health and wellbeing.</p> <p>(Albury Wodonga Health)</p>
 <p><b>YOUTH BEYOND BLUE</b></p> <p><a href="https://www.youthbeyondblue.com/">https://www.youthbeyondblue.com/</a></p> <p>PH: 1300 22 46 36 (Call 24/7)</p> <p><b>OR Online Chat from 3pm-12am</b></p>	 <p><a href="https://thebutterflyfoundation.org.au/">https://thebutterflyfoundation.org.au/</a></p> <p>PH: 1800 33 46 73 (Monday to Friday 8am - 9pm)</p> <p>Support for people experiencing Eating Disorders</p>	 <p><a href="https://www.arcvic.org.au">https://www.arcvic.org.au</a></p> <p>PH: 1300 269 438 OCD and Anxiety Helpline</p> <p>Provides Support, Information and Referral regarding Anxiety</p>
 <p><a href="http://understandinganxiety.wayahead.org.au/">http://understandinganxiety.wayahead.org.au/</a></p> <p>Anxiety Support Line. Online Support Groups available.</p>	 <p><a href="http://headspace.org.au/eheadspace">headspace.org.au/eheadspace</a></p> <p>PH: 1800 650 890 OR (02) 6055 9555 (Albury/Wodonga)</p> <p>Support for young people (12-25 years old) and their family who are going through a tough time</p>	 <p><a href="http://www.supportaftersuicide.org.au">www.supportaftersuicide.org.au</a></p> <p>Provides a range of services and programs to support people who have been bereaved by suicide.</p>

<p><b>MEDICARE MENTAL HEALTH PLANS</b></p> <p>To access subsidised counselling and psychological supports via the Medicare system, please talk to your General Practitioner about a 'Mental Health Treatment Plan'.</p> <p><i>You can now received 20 Medicare subsidised therapy sessions from an eligible mental health professional.</i></p>	<p><b>Head to Health</b></p> <p><a href="http://www.headtohealth.gov.au">www.headtohealth.gov.au</a></p> <p>Information, advice and access to free and low-cost phone and online mental health services and supports</p>	<p></p> <p><b>AWH Mental Health triage line</b></p> <p>24 Hour Telephone Crisis Support</p> <p>PH: 1300 104 211</p> <p>Crisis support for children and adults experiencing mental health difficulties</p>
<p></p> <p><a href="https://griefline.org.au/">https://griefline.org.au/</a></p> <p>Online tips, information and coping strategies 24/7</p> <p>PH: 1300 845 745 (6am to midnight, 7 days) For counselling support</p>		

## Men's Health and Support

<p></p> <p><a href="http://matesinconstruction.org.au/">http://matesinconstruction.org.au/</a></p> <p>PH: 1300 642 111</p> <p>Mates in Construction Suicide prevention in the construction industry</p>	<p></p> <p><a href="https://mensline.org.au/">https://mensline.org.au/</a></p> <p>PH: 1300 78 99 78</p> <p>Telephone and online counselling service for men with emotional health and relationship concerns.</p>	<p></p> <p><a href="https://www.facebook.com/DadsInDistress">https://www.facebook.com/DadsInDistress</a></p> <p>PH: 1300 853 437</p>
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## Multicultural

 <p><a href="https://www.tisnational.gov.au/">https://www.tisnational.gov.au/</a></p> <p>Online and phone interpreters for non-English speaking persons in need of support</p>	 <p><a href="https://djirra.org.au/">https://djirra.org.au/</a></p> <p>PH: 1800 105 303 (Freecall)</p> <p>Djirra is a culturally safe place where culture is celebrated and practical support is available</p>	 <p><a href="https://mungabareena.org.au/">https://mungabareena.org.au/</a></p> <p>PH: (02) 6024 2599</p> <p>Provides referrals and support for Indigenous families.</p>
 <p><a href="https://www.murrayvalleysanctuary.org.au/">https://www.murrayvalleysanctuary.org.au/</a></p> <p>Provides assistance for refugees settling in the Albury Wodonga area</p>	<p>Albury Wodonga Volunteer Resource Bureau</p> <p><b>Settlement Engagement and Transition Support Program</b></p> <p>(02) 6021 0990</p> <p>Provides settlement assistance and information, referral and advocacy for people who have been in Australia for less than 5 years and who arrived under the Humanitarian program or Family migration with low English proficiency.</p>	 <p><a href="https://www.startts.org.au/">https://www.startts.org.au/</a></p> <p>STARTTS provides support and psychological treatment to help people heal the scars of refugee trauma</p> <p>To make a referral to STARTTS: <b>Call (02) 9646 6800</b> – Ask for the Intake Officer</p>

## Domestic Violence and Sexual Assault Supports

 <p>National Sexual Assault, Domestic Family Violence Counselling Service</p> <p><a href="http://www.1800respect.org.au/">www.1800respect.org.au/</a></p> <p>PH: 1800 737 732 (24/7) NRS: 1800 555 677 Interpreter: 13 14 50</p>	 <p><a href="http://centreaagainstviolence.org.au">centreaagainstviolence.org.au</a></p> <p>PH: (03) 5722 2203 Freecall: 1800 806 292 Hours: Mon-Fri 9am-5pm</p> <p>FREE Support for adults, children and young people to establish safety in their lives from violence</p> <p>Counselling, advocacy and information, crisis support.</p>	 <p>Services / Young adults /</p> <p><b>Victims Assistance Program</b></p> <p><a href="https://www.merrihealth.org.au">https://www.merrihealth.org.au</a></p> <p>PH: 1300 362 739 Hours: Mon- Fri 9am-5pm</p> <p>Support and Counselling for victims of crime including family violence</p>
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PH: 1800 806 292  
(Toll free call 24/7)

For sexual assault issues after hours



<https://www.whiteribbon.org.au/financial-help/domestic-violence-hotlines/>

List of agencies, websites and hotlines for support in instances or risk of domestic violence.

## Accommodation Supports



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

PH: (02) 6055 9000 (Wodonga)

AH: 1800 825 955 (Emergency accommodation anywhere in Victoria)

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

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

Emergency accommodation, transitional housing, community housing

## Legal Support



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

PH: 1300 792 387  
(Mon-Fri; 9am -5pm)

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

# Alcohol and Drug Support Services

 <p><a href="http://www.directline.org.au">www.directline.org.au</a></p> <p>PH: 1800 888 236</p> <p>Live online counselling or email support for problems involving alcohol or other drugs</p>	 <p>Link to information and support for alcohol and other drugs</p> <p><a href="https://www2.health.vic.gov.au/alcohol-and-drugs/aod-treatment-services/pathways-into-aod-treatment/aod-telephone-online-services">https://www2.health.vic.gov.au/alcohol-and-drugs/aod-treatment-services/pathways-into-aod-treatment/aod-telephone-online-services</a></p>	
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## Emergency Supports

 <p>Call <b>000</b> in an EMERGENCY</p> <p>Police, Fire, Ambulance</p>	 <p><b>LIFELINE</b></p> <p>PH: 13 11 14 (24/7)</p> <p><a href="http://www.lifeline.org.au">www.lifeline.org.au</a></p> <p>Mental Health Support</p>	 <p>PH: 1300 65 94 67 (24/7)</p> <p><a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a></p> <p>Phone counselling service or online web chat. Support for anyone who is feeling suicidal</p>
<p><b>Victims of Crime</b></p> <p>VICTIMS OF CRIME HELPLINE</p> <p>PH: 1800 819 817</p> <p><a href="http://www.victimsofcrime.vic.gov.au">www.victimsofcrime.vic.gov.au</a></p>	 <p><b>CHILD PROTECTION</b></p> <p>Eastern Victoria: PH: 1300 360 391 (9am to 5pm)</p> <p>After Hours: PH: 13 12 78</p> <p><a href="https://services.dhhs.vic.gov.au/child-protection-contacts">https://services.dhhs.vic.gov.au/child-protection-contacts</a></p>	