



## Important Health & Support Numbers (Geelong / Victoria)

- Call **000** if the situation is life-threatening.

### **Mental Health**

- Barwon Health, Mental Health Drugs & Alcohol Services (including Child & Adolescent Mental Health Service – CAMS): **1300 094 187** (Hours: 24/7)
- Lifeline: **13 11 14**
- Kids Helpline: **1800 551 800**
- Headspace Geelong (12-25 years of age): **03 5222 6690**

### **Food**

- Feed Me Geelong & The Bellarine: **0422 798 791** (Open 365 days per year)

### **Family Violence**

- The Sexual Assault & Family Violence Centre: **03 5222 4318** (
- Nurse on call 1300 60 60 24.
- Safe Steps Family Violence Response Centre: **1800 015 188** or **03 9322 3555** (24/7)
- The Orange Door: **1800 312 820** (Hours: Monday to Friday 9:00am – 5:00pm)
- Meli Community Support: **03 5278 8122** (Hours: Monday to Friday 9:00am – 5:00pm)
- Bethany Legal Service: **1300 430 599**.

Did you know that if you text  
**0477 13 11 14**  
between 6pm – midnight (AEST),  
when you are feeling really depressed,  
suicidal or in need of support, a Lifeline  
crisis supporter will text with you?  
Many people don't like talking on the  
phone and would be more  
comfortable texting.  
Lifeline Text is a service  
run by Lifeline.