



NEWTOWN & CHILWELL FOOTBALL NETBALL CLUB

Wellbeing and Health Resources

National phone and web-based services

Lifeline 131144

Lifeline Text 0477 13 11 14

www.lifeline.org.au

Free 24/7 crisis line – call, text, webchat

Beyond Blue 1300 22 4636

www.beyondblue.org.au

Free 24/7 online and phone counselling

Headspace

www.headspace.org.au

Online/phone support services and resources for youth

Kids Helpline

1800 551 800

www.kidshelpline.com.au

Free phone and webchat counselling service for age 5-25

MensLine Australia

1300 78 99 78

www.mensline.org.au

Free online/phone counselling service for men

Qlife 1800 184 527

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

Anonymous and free LGBTI peer support (3pm to Midnight every day)

Sexual Assault Crisis Line 1800 806 292 5pm to 9am, 7 days

www.sacl.com.au

After hours, confidential, telephone crisis counselling service for people who have experienced both past and recent sexual assault

Thirrili 13 YARN (13 9276)

www.thirrili.com.au

Suicide and crisis support for Aboriginal and Torres Strait Islander peoples

1800 RESPECT 1800 737 721

www.1800respect.org.au

Free family violence support service

National Debt Hotline 1800 007 007

www.ndh.org.au

Free financial counselling

Gambler's Help 1800 858 858

www.gamblershelp.com.au

For counselling and support services related to gambling.

Quit 13 78 48

www.quit.org.au

Quit smoking support service

Alcohol & Drug Foundation 1800 250 015

www.adf.org.au

Information, support and referral service

Geelong based services

The Sexual Assault & Family Violence Centre 1800 806 992

www.safvcentre.org.au

Support for all people impacted by sexual assault and support for women, children and young people impacted by family violence

The Orange Door 1800 312 820 (Mon – Fri, 9am to 5pm)

www.orangedoor.vic.gov.au

People of any age, gender, sexuality, culture and ability are welcome.

Meli 03 5278 8122 (Mon – Fri, 9am to 5pm)

www.meli.org.au

Programs, counselling and support to people experiencing family violence, gambling and those wishing to change behaviour. Child and youth services.

Barwon Health Mental Health Services 1300 094 187 (24 hours, 7 days)

The ACCESS Team assist people who may have a complex or serious mental illness and are in crisis.

Cultura Geelong 03 4210 0000

www.cultura.org.au/

Free and confidential Financial Counselling service.

Wathaurong Aboriginal Co-operative 03 5277 0044

www.wathaurong.org.au/

Offering holistic health, family, cultural and community services for Aboriginal and Torres Strait Islander people.