



## 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](http://www.lifeline.org.au)

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

##### **Beyond Blue** 1300 22 4636

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

Free 24/7 online and phone counselling

##### **Headspace**

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

Online/phone support services and resources for youth

##### **Kids Helpline**

1800 551 800

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

Free phone and webchat counselling service for age 5-25

##### **MensLine Australia**

1300 78 99 78

[www.mensline.org.au](http://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](http://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](http://www.thirrili.com.au)

Suicide and crisis support for Aboriginal and Torres Strait Islander peoples

**1800 RESPECT** 1800 737 721

[www.1800respect.org.au](http://www.1800respect.org.au)

Free family violence support service

**National Debt Hotline** 1800 007 007

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

Free financial counselling

**Gambler's Help** 1800 858 858

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

For counselling and support services related to gambling.

**Quit** 13 78 48

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

Quit smoking support service

**Alcohol & Drug Foundation** 1800 250 015

[www.adf.org.au](http://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](http://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](http://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](http://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/](http://www.cultura.org.au/)

Free and confidential Financial Counselling service.

**Wathaurong Aboriginal Co-operative** 03 5277 0044

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

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