

# QUICK HELP GUIDE

Support Available To You During Times of Crisis

## Food

Feed Me Bellarine  
feedmebellarine.com.au

0422 798 791

Open: 365 days, 10am - 4pm



## Help & Support Lines

Bethany  
bethany.org.au

1300 655 598

Open: Mon - Fri, 10am - 3pm



## Housing

Barwon South West Homelessness Network  
bswhn.org.au

1800 825 955

Open: 24/7



## Mental Health

Lifeline  
lifeline.org.au

13 11 14  
Open: 24/7

Head to Help  
headtohelp.org.au

1800 595 212  
Open: Mon - Fri, 8:30am - 5pm



## Family Violence

The Orange Door  
orangedoor.vic.gov.au

1800 312 820

Open: Mon - Fri, 9am - 5pm

The Sexual Assault and Family Violence Centre  
safvcentre.org.au

5222 4318

Open: Mon - Fri, 9am - 5pm

Phone: 24/7



## Financial Stress

Bethany  
bethany.org.au/financial-counselling

5278 8122

Open: Mon - Fri, 9am - 5pm

Salvation Army  
salvationarmy.org.au

5223 9200

Open: Mon - Fri, 9am - 3pm



## Tenancy Support

Tenancy Tribunal  
tenantsvic.org.au

9416 2577

Open: Mon - Fri, 10am - 2pm



View this  
list online.

[batforce.org.au/quick-help-guide](https://batforce.org.au/quick-help-guide)

