

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
Closed: 02/04 and 05/04



Housing

Barwon South West Homelessness Network
bswhn.org.au

1800 825 955

Open: 24/7



Mental Health

Lifeline
lifeline.org.au

Head to Help
headtohelp.org.au

13 11 14
Open: 24/7

1800 595 212
Open: Mon - Fri, 8:30am - 5pm
Closed: 02/04 and 05/04



Family Violence

The Orange Door
orangedoor.vic.gov.au

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

1800 312 820

Open: Mon - Fri, 9am - 5pm
Closed: 02/04 and 05/04

5222 4318
Open: Mon - Fri, 9am - 5pm
Closed: 02/04 and 05/04
Phone: 24/7



Financial Stress

Bethany
bethany.org.au/financial-counselling

Salvation Army
salvationarmy.org.au

5278 8122

Open: Mon - Fri, 9am - 5pm
Closed: 02/04 and 05/04

5223 9200

Open: Mon - Fri, 9am - 3pm
Closed: 02/04 and 05/04



Tenancy Support

Tenancy Tribunal
tenantsvic.org.au

9416 2577

Open: Mon - Fri, 10am - 2pm
Closed: 02/04 and 05/04



View this
list online.

batforce.org.au/quick-help-guide

