

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 - 5pm



Housing

Barwon South West Entry Point
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
Phone: 24/7
Open: Mon - Fri, 9am - 5pm



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



Sexual Assault

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

5222 4318
Phone: 24/7
Open: Mon - Fri, 9am - 5pm



Tenancy Support

Tenancy Tribunal
tenantsvic.org.au

9416 2577
Open: Mon - Fri, 10am - 2pm



View this
list online.

batforce.org.au/quick-help-guide

