

# QUICK HELP GUIDE

If you are in immediate danger call 000

## Food

Feed Me Bellarine/Geelong/Surf Coast  
feedme.org.au

Feed Geelong  
feedgeelong.com.au

0422 798 791

Open: 7 days, 10am - 4pm

5229 4364

Open: Mon-Fri, 9am - 5pm



## Help & Support Lines

Lifeline  
lifeline.org.au

Rainbow Door  
rainbowdoor.org.au

13 11 14

Open: 24/7

1800 729 367

Open: 7 days, 10am - 5pm



## Housing & Tenancy Support

Barwon South West Entry Point  
bswhn.org.au

Tenants Victoria  
tenantsvic.org.au

1800 825 955

Open: 24/7

9416 2577

Open: Mon-Fri, 9.30am - 1.30pm



## Mental Health

- Barwon Health Phone Triage Team
  - Mental Health & Wellbeing Local
- barwonhealth.org.au/mhdas

Head to Health  
headtohealth.gov.au

Ph: 24/7. Hub: Mon-Fri, 12pm - 9pm, Weekend & Public Holidays: 1pm - 6pm

1300 094 187

1800 573 151

Open: 24/7

1800 595 212



## Family Violence

(After hours, for both numbers go through to Safe Steps)

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

5222 4318

Phone: 24/7

Open: Mon-Fri, 9am - 5pm



## Financial Stress

Meli  
meli.org.au/money-help

Salvation Army Doorways  
salvationarmy.org.au

5278 8122

Open: Mon-Fri, 9am - 5pm

13 72 58

Open: Mon-Fri, 9am - 3pm



## Sexual Assault

(After hours, number goes through to Safe Steps)

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

5222 4318

Phone: 24/7

Open: Mon-Fri, 9am - 5pm



## Aboriginal & Torres Strait Islander Support

13 Yarn  
13yarn.org.au

Yarning Safe 'N' Strong  
https://www.vahs.org.au/yarning-safenstrong

13 92 76

Open: 24/7

1800 959 563

Open: 24/7



Support Available to You  
During Times of Crisis.

batforce.org.au/quick-help-guide

