

HELP MATE!

>>> Directions for men in Victoria

Brought to you by
Dads in Distress Support Services

24/7 Helpline 1300 853 437



Looking out for your mates is a quality Australians can be proud of. This information could get you or a mate through some tough times by getting connected to the help that is out there in the following regions:

Victoria statewide
Greater Dandenong
Casey and Cardinia
Frankston (coming soon)
Mornington Peninsula
Bass Coast and South Gippsland
Baw Baw, Latrobe and East Gippsland
Gippsland for Indigenous men and families (coming soon)

Crisis Contacts
Other Helpful Contacts
Symptoms of Depression
Simple Seven Health Tips
Must See Movies for Men
Boredom Busters

You never know when someone will need **HELP MATE!**

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Funded by the Federal Government's *Stronger Families and Communities Strategy*

Disclaimer: The inclusion of a service provider does not imply endorsement; you will need to make your own assessment of the service or program.

>>> Numbers in red = extended hours service. Numbers in blue = local service <<<

Want to see a
HELP MATE created
for your region?

Are there
corrections or
additions required?

Contact ROB KOCH

Symptoms of depression

For more than TWO WEEKS have you:

- Felt sad, down or miserable most of the time?
- Lost interest or pleasure in most of your usual activities?

If you answered 'YES' to either of these questions, have you also:

- Lost or gained a lot of weight or had a change in appetite?
- Had problems sleeping? Feeling tired? No energy?
- Felt slowed down, restless or excessively busy?
- Felt worthless or felt excessively guilty?
- Had poor concentration? Confused? Indecisive?
- Had recurrent thoughts of death?

If you answered 'YES' to either of the first two questions AND some others you may have a depressive illness and need to see a doctor without delay.

The simple seven

You won't go wrong if you...

1 Eat right

A balanced diet gives you the fuel to live each day to its potential, and to get the best mileage out of your body over the distance. To regain some quality of life get some quality food into you.

2 Trim down

Maintaining a healthy weight lowers your risk of heart disease, stroke and diabetes, plus it improves your self-image and ability to do things you enjoy for a lot longer.

3 Clean up

The body is a complex organism that thrives on fresh air and clean water...lots of it. Avoid contaminating it with rubbish, cigarettes and excessive alcohol.

4 Move more

Build exercise into each day to keep the power plant strong, muscles firm and body flexible. Nothing will keep you moving longer than moving more now.

5 Stress less

Ignore this tip and it will kill you. Talk about stuff rather than bottling it up. Clear your head through meditation or music. Laugh out loud. Get a hobby. Rest up. Staying up won't fix anything.

6 Look out

Find a cause greater than yourself, or just look for a way to make someone's day. An outward focus gives you perspective and makes life so much more worthwhile.

7 Book in

A routine medical check-up, perhaps on your birthday, might just ensure you have many more of them. It's a no brainer. Your body needs a service as often as your car.

Crisis contacts

| | |
|--|----------------------|
| POLICE, FIRE, AMBULANCE | 000 (or 112)* |
| Dept of Human Services – <i>Child protection</i> | 13 12 78 |
| Energy Safe Victoria | 13 27 71 |
| Kids Helpline | 1800 551 800 |
| Lifeline | 13 11 14 |
| Maternal & Child Health Line | 13 22 29 |
| Mensline | 1300 789 978 |
| Nurse on Call | 1300 606 024 |
| Parentline | 13 22 89 |
| Poisons Information Centre | 13 11 26 |
| State Emergency Service – <i>Flood or storm assistance</i> | 132 500 |
| SuicideLine (VIC) | 1300 651 251 |
| Bushfire Information Line | 1800 240 667 |
| Victoria State Emergency Service (SES) | 132 500 |
| Wildlife Victoria – <i>Wildlife rescue</i> | 1300 094 534 |
| Worksafe Victoria Emergency Response Line | 13 23 60 |

* If overseas or using a locked or out-of-service mobile

Must-see movies for men

- Braveheart** (1995 Mel Gibson)
- The Bucket List** (2007 Jack Nicholson, Morgan Freeman)
- The Castle** (1997 Michael Catton, Eric Bana, Bud Tingwell, Sophie Lee)
- City Slickers** (1991 Billy Crystal, Daniel Stern, Bruno Kirby)
- Dad** (1990 Ted Danson, Jack Lemmon, Kevin Spacey, Ethan Hawke)
- Dan in Real Life** (2008 Steve Carell, Juliette Binoche, John Mahoney)
- The Legend of Bagger Vance** (2000 Will Smith, Matt Damon)
- Men's Group** (2008 Grant Dodwell)
- Second Hand Lions** (2003 Robert Duvall, Michael Caine)
- Shall We Dance** (2004 Richard Gere, Susan Sarandon, Jennifer Lopez)
- Tuesdays with Morrie** (2000 Jack Lemmon, Hank Azaria)

Why these movies? Go to www.bettermen.com.au for details, to rate them or to suggest others

Boredom busters

- Beach
- Bike ride
- Bushwalk
- Camping
- Camp fire
- Cards/card tricks
- Charades
- Computer games
- Cooking/baking
- Cricket
- Dress ups
- Drive
- Drive In
- Fashion show
- Fishing
- Footy
- Forest walk
- Kite flying
- Library
- Limbo dancing
- Mini Golf
- Model making
- Nature spotting
- Obstacle course
- Painting
- Picnic
- Playground
- Reading
- Red Rover
- Snooker/pool
- Swim
- Skating/blading
- Train/tram ride
- Treasure hunt
- Walk/run
- Wrestling

Spending time with the kids without spending a fortune

Notes

Other helpful contacts

| | |
|---|---------------------|
| Hearing impaired | |
| Victorian Deaf Society – info@vicdeaf.com.au | 9473 1111 |
| www.vicdeaf.com.au | TTY: 9473 1199 |
| Indigenous support | |
| Centrelink Indigenous Call Centre | 13 63 80 |
| Migrant help | |
| Dept of Immigration (DIMIA) | 8600 5900 |
| DIMIA Translation and Interpreting Service | 131 450 |
| Veterans & seniors | |
| Dept of Veterans Affairs | 9818 0388 |
| Council on the Ageing (COTA) – <i>Seniors info line</i> | 1300 13 50 90 |
| Volunteering | |
| SES – State Emergency Service | 1300 842 737 |
| CFA – Country Fire Authority | 1800 232 636 |
| Men's Shed Victoria – <i>Share your skills with men and boys</i> | 1300 550 009 |
| Dads in Distress – <i>Get trained to open & run a support group</i> | 1300 853 437 |
| Volunteer Resource Centres – <i>Connecting volunteers</i> | 9642 5266 |



Helpmate Statewide contacts

Accommodation and housing

| | |
|--|--------------|
| Community Housing Limited | 9856 0050 |
| Crisis Accommodation Information | 1800 627 727 |
| Consumer Affairs Victoria | 1300 558 181 |
| DHS Office of Housing – General enquires line | 1300 650 172 |
| DHS Office of Housing – General complaints line | 1300 884 706 |
| Flagstaff Crisis Accommodation Services | 9329 4800 |
| Hanover Welfare Services – Head Office Melbourne | 9699 6388 |
| Parentlink – support for single parent families | 9885 0333 |
| Real Estate Institute of Victoria | 9205 6677 |
| Salvation Army Crisis Services | 1800 627 727 |
| Supported Housing Ltd – supporting disability services | 9859 8833 |
| Tenants Union of Victoria | 9416 2577 |

Resources may be limited but don't give up looking!
See also ads in your local paper or www.vacancyseeker.org.au

Advocacy and complaints

| | |
|--|--|
| Child Support – Complaints | 132 919 |
| Child Support – Legal Aid | 1800 677 402 |
| Commonwealth Ombudsman – Re Federal Govt services | 1300 362 072 |
| Department of Human Services – Complaints | 1300 884 706 |
| Dispute Settlement Centre Victoria | 1800 658 528 |
| Legal Ombudsman – Re complaints about a solicitor | 9607 9311 |
| Lone Fathers Association | www.lonefathers.com.au |
| Men's Rights Agency | www.mensrights.com.au |
| Social Security Appeals Tribunal (SSAT) | 1800 011 140 |
| Shared Parenting Council of Aust. | www.familylawwebguide.com.au |
| State Ombudsman – Re government services, police, councils | 1800 806 314 |
| Tenants Union of Victoria – Re landlords and agents | 1800 068 860 |
| VCAT – Civil disputes and small claims | 1800 133 055 |

Alcohol and drugs

| | |
|---|--------------|
| Al-Anon Family Groups Aus – Help for affected families | 9620 2166 |
| Ala Teen – Help for teens affected by others drinking problem | 9642 3330 |
| Alcoholics Anonymous – Group support | 9429 1833 |
| Anglicare – Drug & alcohol programs & counselling | 9412 6133 |
| Cannabis Information and Helpline | 1800 304 050 |
| Direct Line – Phone counselling & referral advice | 1800 888 236 |
| Drug and Alcohol Clinical Advisory Service | 1800 812 804 |
| Drug information in other languages | 1800 123 234 |
| Family Drug Helpline – Support, info & advice | 1300 660 068 |
| Narconon – Residential drug rehab and detox centre | 1300 887 688 |
| Narcotics Anonymous – Group support | 1300 652 820 |
| QUIT – Telephone support & strategies to stop smoking | 13 18 48 |
| Salvation Army – Counselling, support, programs and referral | 1800 627 727 |
| Windana Society – Rehabilitation, support & counselling | 5942 8544 |
| Youth Substance Abuse Service – Info & referral line | 1800 014 446 |

It may be tempting to lean on alcohol or drugs to get you through, but everyone will benefit more if you keep a clear head.

Anger and violence

| | |
|--|--|
| Anglicare – Support for victims of family violence | 9412 6133 |
| Berry Street – Take Two program for child victims of family violence | 9429 9266 |
| CASA – For male or female victims of sexual & other abuse | 1800 806 292 |
| Domestic Violence and Incest Resource Centre | 9486 9866 |
| Lifeworks – Contact Melbourne Head Office for nearest centre | 9654 7360 |
| Mensline – 24 hr support for men & their families | 1300 789 978 |
| Men's Referral Service – 12noon – 9pm Mon – Fri | 1800 065 973 |
| Relationships Australia – Counselling & groups | 1300 364 277 |
| Salvation Army – Counselling, support, programs and referral | 1800 627 727 |
| Teens and family violence: | www.burstingthebubble.com |
| 'Who's in Charge?' – For parents of abusive children 8 – 18 | 0423 868 868 |
| Victims of Crime Helpline – For male or female victims | 1800 819 817 |
| Victims Support Agency | 8684 6700 |
| Women's Domestic Violence Crisis Service | 1800 015 188 |

Whether you have been a victim or have perpetrated violence, change can begin when you pick up the phone.

Crisis help and material aid

| | | |
|---|--------------|--|
| Anglicare Victoria – Crisis support & emergency aid & relief | 9412 6133 | www.anglicarevic.org.au |
| Salvation Army – counselling, support, programs and referral | 1800 627 727 | www.salvationarmy.org.au |
| St Vincent de Paul – Welfare Hotline | 1300 305 330 | www.vinnies.org.au/findlocation |
| Utility Relief Grant Scheme – Assistance to pay utility bills | 1800 658 521 | |

Check your LOCAL COUNCIL for crisis support and welfare services in your area.
Consider also your own family, friends or workplace for support.
A crisis often brings out the best in people and unites.

Fathers and kids together

| | |
|---|--|
| Australian Camp Connect | www.campconnect.org.au |
| – Camps and activities for all dads with sons or daughters | 9779 6909 |
| Dadslink (YMCA) | www.victoria.ymca.org.au/dadslink |
| – Social activities & support for dads & kids (especially separated) | 9403 5000 |
| Fathering Adventures | www.fatheringadventures.com.au |
| – Father & son outdoor adventures and initiation into manhood | 07 4723 2941 |
| Go For Your Life | www.goforyourlife.vic.gov.au |
| – Places to go, things to do, events calendar for all the family | 1300 739 899 |
| Parents without Partners | www.pwpaustalia.net |
| – Regular social activities & support for single parents and children | 1300 797 842 |
| Parentlink (YMCA) | www.victoria.ymca.org.au/parentlink |
| – Social activities & support for single parent families | 9885 0333 |
| Pathways Foundation | www.pathwaysfoundation.com.au |
| – Rites of passage treks for young teens plus father-son weekends | 1300 850 766 |
| SingleParents ActiveKids | www.singleparentsactivekids.org |
| – Weekly activities for custodial and access single parents and kids | 9484 8970 |

See also your LOCAL COUNCIL for local events & programs.

Gambling and addictions

| | | |
|--|--------------|--|
| Gamblers Help – Free, confidential, local | 1800 858 858 | www.problemgambling.vic.gov.au |
| Gamblers Anonymous – Group therapy & socials | 9696 6108 | www.gamblersanonymous.org.au |

Many counsellors and psychologists also deal with addictions. Your GP could also refer you to a private practitioner who may be Medicare approved for up to 12 free sessions.

Self Help

| | |
|--|--|
| Gambling addictions | www.problemgambling.vic.gov.au/help-for-gamblers/self-help |
| General addictions | www.addictionrecoveryguide.org |
| Internet addictions | www.netaddiction.com |
| – Issues include online gaming, online gambling, cyberporn, cybersex, chat room, eBay and Facebook | |

General health and wellbeing

| | |
|---|--|
| Dental Health Services Victoria | 1300 360 054 |
| Gay & Lesbian Switchboard | 9663 2939 |
| Koori Health Services Victoria | 9096 7032 |
| Nurse on Call | 1300 606 024 |
| Victorian Aboriginal Health Service | 9419 3000 |
| Victorian Govt Health Info – Services and hospitals | 1300 650 172 |
| VicHealth | www.health.vic.gov.au |
| ABC Health | www.abc.net.au |
| Andrology Australia | www.andrologyaustralia.org.au |
| Better Health Channel | www.betterhealth.vic.gov.au |
| Disability Online | www.disability.vic.gov.au |
| Foundation 49 | www.49.com.au |
| Health Insite | www.healthinsite.gov.au |
| Koori Health | www.health.vic.gov.au/koori |
| Men's Health Australia | www.menshealthaustralia.net |
| My Doctor (MIMS) | www.mydr.com.au/mens-health |
| Victoria Online | www.vic.gov.au/health-community |

Legal and financial advice

| | |
|---|--|
| Centrelink – Drought Assistance Line (8am – 8pm) | 13 2316 |
| Centrelink – Family Assistance Office (8am – 8pm) | 13 6150 |
| Centrelink – Indigenous Call Centres | 13 6380 |
| Centrelink – Multilingual call to get info in your language | 13 1202 |
| Credit Helpline Victoria | 9602 3800 |
| Drought Information Line – Info, support, counselling | 136 186 |
| Family Relationships Advice Line (8am – 8pm) | 1800 050 321 |
| Law Institute of Vic: Dial-a-Law Know-Your-Rights | 9602 5000 |
| My Budget – Nationwide financial and debt management | 1300 300 922 |
| | www.mybudget.com.au |
| Utility Relief Grant Scheme – Assistance to pay utility bills | 1800 658 521 |
| Victorian Aboriginal Legal Service | 9419 3888 |
| Victorian Legal Aid | 1800 677 402 |
| Your Business Angels | 9898 2559 |
| | www.YourBusinessAngels.com.au |

Check also your LOCAL COUNCIL for local services.

Mateship and men's groups

| | |
|--|--|
| Australian Camp Connect – Camps and events for dads | 9779 6909 |
| BETTER MEN Australia – See advert on last page of this guide | 0432 439 943 |
| Dads in Distress – Peer support groups and one-on-one help for men experiencing family breakdown or separation from their children | 1300 853 437 |
| Dadslink – Social activities, support and referral | 9403 5000 |
| Lone Fathers Association – National self help, information and advocacy | www.lonefathers.com.au |
| Manhood Online – Forums, articles, links to groups | www.manhood.com.au |
| Mensheds Australia – Mentoring, education and activities | 1300 550 009 |
| | www.mensheds.com.au |
| Men's Leadership Victoria – Camps etc | mensleadershipvictoria@gmail.com |
| OMNI Groups – Men 50+ friendship & mutual support | 9655 2106 |
| Pit Stop – statewide fatherhood courses born at City of Casey | 9705 5590 |

LOCAL CHURCHES have activities, courses and support options. See also your LOCAL COUNCIL for sporting, hobby and recreation clubs plus service organisations.

Mental-emotional health

| | |
|---|--|
| ARAFEMI – Support for relatives & friends | 1300 550 265 |
| Beyond Blue – Depression info hotline | 1300 224 636 |
| Crisis Assessment & Treatment – Psychiatric triage | 1300 369 012 |
| GRIEFLINE – Support for grieving adults & kids | 9596 7799 |
| GROW – Groups & resources for those not coping | 1800 558 268 |
| MIND – Practical support for people suffering mental illness | 9455 7900 |
| | www.rfv.org.au |
| Mental Health Advice Line – Expert advice, info and referral 24/7 | 1300 280 737 |
| Outdoors Inc – Recreational activities | 9417 2111 |
| PANDA – Panic and Anxiety Disorders Association | 9889 6760 |
| SANE Australia – Helpline & resources | 1800 187 263 |
| SOLACE Assoc. – Local groups for grieving partners | 9590 9209 |
| SuicideLine (VIC) | 1300 651 251 |
| beyondblue | www.beyondblue.org.au |
| DepressionNet | www.depressionnet.com.au |
| Headspace – Youth | www.headspace.org.au |
| MoodGym | www.moodgym.anu.edu.au |
| Multicultural Mental Health Australia | www.mmha.org.au |

Your GP could also refer you to a psychologist or counsellor who may be Medicare approved for up to 12 free sessions.

Parenting-family support

| | |
|---|--|
| Family Relationships Advice Line – Information & referral | 1800 050 321 |
| Berry Street – Child, youth & family services Head Office | 9429 9266 |
| Family Mediation Centres – Parenting after separation | 9556 5333 |
| GordonCare – Group & solo programs for separated families | 9555 1439 |
| Grandparents Victoria Inc – Help and support | 9372 2422 |
| Maternal & Child Health Line | 13 22 29 |
| Parentline – Telephone support, strategies & referral advice | 13 22 89 |
| Parentlink – Activities & support for single parent families | 9885 0333 |
| Parentzone – Anglicare programs for parents: Cranbourne | 5995 0866 |
| Pit Stop – Statewide fatherhood course developed by City of Casey | 9705 5590 |
| Queen Elizabeth Centre – Support for early parenthood | 9549 2777 |
| Relationships Australia – Parenting advice and referrals | 1300 364 277 |
| SingleParentdom – Groups & resources | www.singleparentdom.com |
| Step Family Assoc. of Victoria – Courses & resources | 9639 6611 |
| Uniting Care Connections – Child, youth & family services | 9271 0800 |

Self-help options: www.raisingchildren.net.au
www.cyh.com www.dictionaryfordads.com www.athomedad.com

Personal counselling

| | |
|--|--------------|
| Family Relationships Advice Line & Centres | 1800 050 321 |
| Bonnie Babes Foundation – Grieving the loss of a baby | 9803 1800 |
| Centacare Catholic Family Services – Head Office | 9287 5555 |
| Compassionate Friends | 1800 641 091 |
| Family Mediation Centre – Contact Head Office for nearest centre | 9556 5333 |
| Lifeworks – Contact Melbourne Head Office for nearest centre | 9654 7360 |
| Mensline – 24/7 telephone free professional counselling | 1300 789 978 |
| Men's Evolvement Network – Courses & counselling | 9410 9342 |
| Men's Referral Service – Family violence phone counselling | 1800 065 973 |
| Men's Workshop, The – Courses & counselling | 9752 2202 |
| Reconnect – Help for parents and 12–18 year olds | 9611 2411 |
| Relationships Australia – Courses & counselling | 1300 364 277 |
| SIDS Griefline – Sudden Infant Death Syndrome | 1300 308 307 |

Your GP could also refer you to a psychologist or counsellor who may be Medicare approved for up to 12 free sessions. Check www.serviceseeker.com.au for local counselling options

Separation

| | |
|---|--------------|
| Family Relationships Advice Line & Centres | 1800 050 321 |
| Child Support Agency – www.csaonline.gov.au | 13 12 72 |
| Dads in Distress – Support groups for men in separation | 1300 853 437 |
| Family Law Court of Australia – Child support help | 1300 352 000 |
| Family Law Courts National Enquiry Centre | 1300 352 000 |
| Family Mediation Centres – Help with parenting plans | 9556 5333 |
| Federal Magistrates Court – Melbourne | 1300 352 000 |
| GordonCare – Facilitated contact centres, mediation & support | 9555 1439 |
| Lone Fathers Association of Australia | 02 6258 4216 |
| MENDS – Courses & tips for separated men www.mends.com.au | 1300 363 361 |
| Mensline – 24/7 professional counselling for men & families | 1300 789 978 |
| Parentlink – Activities & support for single parent families | 9885 0333 |
| Relationships Australia – Courses & counselling | 1300 364 277 |
| Salvation Army Tracing Service – Reuniting families | 1800 627 727 |
| International Social Services – Child tracing service, counselling, mediation and advice for parents with children overseas or at risk of being removed from Australia against their will | 1300 657 843 |

Self-help option: www.familylawwebguide.com.au

Suicide and self-harm

| | |
|---|--------------|
| For immediate suicide intervention call the POLICE | 000 |
| Crisis Assessment & Treatment – Psychiatric triage and intervention | |
| Central East – Greater Waverly/Whitehorse/Manningham | 1300 721 927 |
| Dandenong – Casey/Cardinia/Greater Dandenong/Frankston East | 1300 369 012 |
| Inner South – Melbourne/Port Philip/Caulfield | 1300 363 746 |
| Middle South – Bayside/Kingston/Monash | 1300 369 012 |
| Outer East – Maroondah/Whitehorse/Yarra Ranges | 1300 721 927 |
| Peninsula – Mornington Peninsula/Frankston/Hastings | 1300 792 977 |
| Gippsland – Baw Baw/Bass Coast/South G/East G/Latrobe | 1300 363 322 |

For other locations call any number or see www.health.vic.gov.au/mentalhealth/services

| | |
|---|--------------|
| Dads in Distress – Support, information and referral | 1300 853 437 |
| Lifeline – 24/7 professional counselling for men & families | 13 11 14 |
| Mensline – 24/7 professional counselling for men & families | 1300 789 978 |
| SuicideLine (VIC) – 24/7 counselling and HOPE | 1300 651 251 |

Self-help option: www.suicideline.org.au/Are-you-thinking-about-suicide.html

Websites and info services

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|--|--|
| Family Relationships Online | www.familyrelationships.gov.au |
| Australian Camp Connect | www.campconnect.org.au |
| Australian Directory of Men's Support Services | www.admss.com.au |
| Child Support Agency – Community services directory | www.csa.gov.au |
| Commonwealth Carelink Services – Local services database | 1800 052 222 |
| Dads in Distress Inc. | www.dadsindistress.asn.au |
| Dads on the Air (89.3FM 2GLF) | www.dadsontheair.com |
| Fatherhood Foundation/ Dads 4 Kids (AUS) | www.fatheronline.org |
| Fatherhood Institute (UK) | www.fatherhoodinstitute.org |
| Infoxchange | www.serviceseeker.com.au |
| Mensline Australia | www.menslineaus.org.au |
| Mensheds Australia | www.mensheds.com.au |
| Men's Referral Service | www.mrs.org.au |
| National Fatherhood Initiative (USA) | www.fatherhood.org |
| Parentzone | www.anglicarevic.org.au/Parentzone |
| Vicnet – Victoria's Community Information Portal | www.vicnet.net.au |

Helpmate Greater Dandenong



Accommodation and housing

| | |
|--|--------------|
| CHAP – Common Homelessness Access Points for outer SE | 1800 637 993 |
| Community Housing Limited | 9856 0050 |
| Crisis Accommodation Information | 1800 627 727 |
| Consumer Affairs Victoria | 1300 558 181 |
| Dept of Human Services – Office of Housing | 1300 650 172 |
| Flagstaff Crisis Accommodation Services | 9329 4800 |
| Frederick St Rooming House – Dandenong | 9794 7457 |
| George St Rooming House – Dandenong | 9793 9569 |
| Hanover Welfare Services – Dandenong | 9792 0705 |
| Parentlink – Support for single parent families | 9885 0333 |
| Real Estate Institute of Victoria | 9205 6677 |
| Salvation Army Crisis Services | 1800 627 727 |
| Supported Housing Ltd – Supporting disability services | 9859 8833 |
| Tenants Union of Victoria | 1800 068 860 |
| WAYSS – Includes SHASP program for Outer SE | 9791 6111 |
| Windermere Child & Family Services | 9705 3200 |

Look for ads in your local paper or www.vacancyseeker.org.au

Advocacy and complaints

| | |
|---|--|
| Child Support – Complaints | 132 919 |
| Child Support – Legal Aid | 1800 677 402 |
| Commonwealth Ombudsman – Re Federal Govt services | 1300 362 072 |
| Department of Human Services – Complaints | 1300 884 706 |
| Dispute Settlement Centre Victoria | 1800 658 528 |
| Legal Ombudsman – Re complaints about a solicitor | 9607 9311 |
| Lone Fathers Association | www.lonefathers.com.au |
| Men's Rights Agency | www.mensrights.com.au |
| Social Security Appeals Tribunal (SSAT) | 1800 011 140 |
| Shared Parenting Council of Aust. | www.familylawwebguide.com.au |
| State Ombudsman – Re Victorian Government services | 1800 806 314 |
| Tenants Union of Victoria – Re landlords and agents | 1800 068 860 |
| VCAT – Civil disputes & small claims | 1800 133 055 |

Alcohol and drugs

| | |
|--|--------------|
| Al-Anon Family Groups Aus – Help for affected families | 9620 2166 |
| Alcoholics Anonymous – Group support | 9791 1833 |
| Andrews Centre – Counselling (including families) | 9700 4944 |
| Anglicare – Drug & alcohol programs & counselling | 9412 6133 |
| Cannabis Information and Helpline | 1800 304 050 |
| Direct Line – Phone counselling & referral advice | 1800 888 236 |
| Drug and Alcohol Clinical Advisory Service | 1800 812 804 |
| Drug information in other languages | 1800 123 234 |
| Family Drug Helpline – Support, info & advice | 1300 660 068 |
| Narconon – Residential drug rehab and detox centre | 1300 887 688 |
| Narcotics Anonymous – Group support | 1300 652 820 |
| QUIT – Telephone support & strategies to stop smoking | 13 18 48 |
| Salvos Addiction Awareness Workshop – Dandenong | 9794 9533 |
| SEADS – South East Alcohol & Drug Service. Local options | 8792 2330 |
| Windana Society – Rehabilitation, support & counselling | 5942 8544 |
| Youth Substance Abuse Service – Dandenong | 9701 3488 |

Some of the many private practitioners not listed here may be bulk billed with a referral from a GP.

Anger and violence

| | |
|--|--------------|
| Andrews Centre – Counselling (including families) | 9700 4944 |
| Anglicare – Support for victims of family violence | 9412 6133 |
| Berry Street – Take Two program for child victims of family violence | 9429 9266 |
| Greater Dandenong Community Health Service | 8558 9000 |
| Heavy METAL – Counselling & groups | 0401 766 877 |
| Lifeworks – Contact Melbourne Head Office for nearest centre | 9654 7360 |
| Centacare | 1300 138 070 |
| Mensline – 24 hr support for men & their families | 1300 789 978 |
| Men's Referral Service – 12noon – 9pm Mon-Fri | 1800 065 973 |
| Relationships Australia – Counselling & groups | 1300 364 277 |
| Salvos Positive Lifestyle Centre – Group programs | 9794 9533 |
| SECASA – For male or female victims of all kinds of abuse | 1800 806 392 |
| 'Who's in Charge?' – For parents of abusive children 8-18 | 5941 0500 |
| Victims of Crime Helpline – For male or female victims | 1300 659 419 |
| Victims Support Agency – Windermere CFS | 9705 3200 |

Whether you have been a victim or have perpetrated violence, change can begin when you pick up the phone.

Crisis help and material aid

| | |
|---|--------------|
| Cornerstone – Mateship, meals & material aid, Dandenong | 9794 5654 |
| Springvale Community Aid & Advice | 9546 5255 |
| Dandenong Community Aid & Advice | 9791 8344 |
| South East Family Services (Child First) | 9705 3939 |
| Andrews Centre – Endeavour Hills | 9700 4944 |
| Benevolent Society – Springvale | 9546 1944 |
| Salvation Army – Dandenong | 9706 9366 |
| – Noble Park | 9795 8301 |
| – Doveton | 9793 3933 |
| – Dandenong | 9793 5227 |
| St Vincent de Paul – Springvale | 9546 3715 |
| St Vincent de Paul – Welfare hotline | 1300 305 330 |
| Utility Relief Grant Scheme – Assistance to pay utility bills | 1800 658 521 |

Consider also your own family, friends or workplace for support. A crisis often brings out the best in people and draws us together.

Fathers and kids together

| | |
|---|--|
| Australian Camp Connect | www.campconnect.org.au |
| – Camps and activities for all dads with sons or daughters | 9779 6909 |
| Dadslink (YMCA) | www.victoria.ymca.org.au/dadslink |
| – Social activities & support for dads & kids (especially separated) | 9403 5000 |
| Fathering Adventures | www.fatheringadventures.com.au |
| – Father & son outdoor adventures and initiation into manhood | 07 4723 2941 |
| Go For Your Life | www.goforyourlife.vic.gov.au |
| – Places to go, things to do, events calendar for all the family | 1300 739 899 |
| Parents without Partners | www.pwpaustralia.net |
| – Regular social activities & support for single parents and children | 1300 797 842 |
| Parentlink (YMCA) | www.victoria.ymca.org.au/parentlink |
| – Social activities & support for single parent families | 9885 0333 |
| Pathways Foundation | www.pathwaysfoundation.com.au |
| – Rites of passage treks for young teens plus father-son weekends | 1300 850 766 |
| SingleParents ActiveKids | www.singleparentsactivekids.org |
| – Weekly activities for custodial and access single parents and kids | 9484 8970 |

See also your LOCAL COUNCIL for local events & programs.

Gambling and addictions

| | |
|--|--------------|
| Professional Help | |
| Gamblers Help – Free, confidential, local | 1800 858 858 |
| Gamblers Anonymous – Group therapy & socials | 9696 6108 |

Many counsellors and psychologists also deal with addictions. Your GP could also refer you to a private practitioners who may be Medicare approved for up to 12 free sessions.

| | |
|--|--|
| Self Help | |
| Common addictions | www.addictionrecoveryguide.org |
| Internet addictions | www.netaddiction.com |
| – Issues include online gaming, online gambling, cyberporn, cybersex, chat room, eBay and Facebook | |

General health and wellbeing

| | |
|------------------------------------|--|
| Greater Dandenong Community Health | 8558 9000 |
| Monash Medical Centre – Clayton | 9554 1000 |
| Monash Medical Centre – Moorabin | 9928 8111 |
| Dandenong Hospital | 9594 6666 |
| Nurse-On-Call | 1300 606 024 |
| Dental Health Services Victoria | 1300 360 054 |
| Gay & Lesbian Switchboard | 9663 2939 |
| Berwick Superclinic – 24/7 | 9707 4777 |
| ABC Health | www.abc.net.au |
| Andrology Australia | www.andrologyaustralia.org.au |
| Better Health Channel | www.betterhealth.vic.gov.au |
| Foundation 49 | www.49.com.au |
| Men's Health Australia | www.menshealthaustralia.net |
| Victoria Online | www.vic.gov.au/health-community |

The Casey-Cardinia Men's Health Action Group promotes men's health locally. Go to www.health4men.com.au

Legal and financial advice

| | |
|---|--|
| Greater Dandenong Community Health Service | 8558 9000 |
| Centrelink – Drought Assistance Line (8am – 8pm) | 13 2316 |
| Centrelink – Family Assistance Office (8am – 8pm) | 13 6150 |
| Credit Helpline Victoria | 9602 3800 |
| Springvale Community Aid and Advice | 9546 5255 |
| Dandenong Community Aid and Advice | 9791 8344 |
| Drought Information Line – Info, support, counselling | 136 186 |
| Family Relationships Advice Line | 1800 050 321 |
| Law Institute of Vic: Dial-a-Law Know-Your-Rights | 9602 5000 |
| My Budget – Nationwide financial and debt management | 1300 300 922 |
| | www.mybudget.com.au |
| Bentleigh Community Legal Centre | 9570 8455 |
| Salvation Army Accounts Mediation Service | 5991 1777 |
| Victorian Aboriginal Legal Service | 9419 3888 |
| Victorian Legal Aid | 1800 677 402 |
| Your Business Angels www.YourBusinessAngels.com.au | 9898 2559 |

Local attractions

| | |
|---|--------------|
| Australian Rainbow Trout Farm – Macclesfield | 5968 4711 |
| Dandenong Oasis Leisure Centre | 9767 3100 |
| Noble Park Swim Centre | 9546 7955 |
| Springers Leisure Centre | 9701 5900 |
| Drum Theatre | 9771 6666 |
| Emerald Lake Park – Paddle boats, model railway, swim | 1300 131 683 |
| Endeavour Hills Leisure Centre – Next to skate park | 9700 4697 |
| Gumbuya Park – Animal sanctuary and amusement rides | 5629 2613 |
| Lunar Drive In Theatre – Dandenong | 9706 9988 |
| Myuna Farm, Doveton – Animals, rides, BBQs | 9706 9944 |
| Royal Botanic Gardens – Cranbourne | 5990 2200 |
| Village Cinemas – Fountain Gate | 1300 555 400 |
| Wilson Botanic Park – Berwick | 9707 5818 |

Look for attractions, calendar of events and holiday programs:

CITY OF DANDENONG www.greaterdandenong.vic.gov.au 9239 5100

Mateship and men's groups

| | |
|---|--------------|
| Men Facing Challenges – Dandenong | 8558 9000 |
| Cornerstone – Mateship, meals & material aid, Dandenong | 9794 5654 |
| Keysborough Men's Shed – Activities for men | 9798 7005 |
| Greater Dandenong Men's Groups | 8558 9000 |
| Dads in Distress – Group for separated dads at Dandenong | 1300 853 437 |
| Dadslink – Social activities, support and referral | 9403 5000 |
| Daytime Dads – Playgroup Wednesdays 9.30am | 9704 5589 |
| Doveton Men's Breakfast – Salvos Wednesdays 9am | 9793 3933 |
| Little Acrobats – Gymnastics for US's with Dad at YMCA | 9700 4697 |
| Men's Leadership Victoria – Camps etc. mensleadershipvictoria@gmail.com | |
| Narre Men's Group – Fridays 10am | 9704 7388 |
| OMNI Groups – Men 50+ statewide – Cranbourne & Berwick | 9655 2106 |
| Papa Bear – Dads with a child who has a disability or delay | 9704 6757 |
| Pit Stop – Men's parenting courses now statewide. City of Casey | 9705 5590 |

Check with the City of Casey Dads Matter team on 9705 5590.

Local churches also have activities, courses & support options.

Mental-emotional health

| | |
|--|--|
| ARAFEMI – Support for relatives & friends | 1300 550 265 |
| Beyond Blue – Depression info hotline | 1300 224 636 |
| City of Greater Dandenong Community Health | 8558 9000 |
| Crisis Assessment & Treatment – Psychiatric triage | 1300 369 012 |
| ERMHA – Local support & social activities | 9796 1000 |
| GRIEFLINE – Support for grieving adults & kids | 9596 7799 |
| GROW – Groups & resources for those not coping | 1800 558 268 |
| Outdoors Inc – Recreational activities | 9417 2111 |
| MENSLINE Australia | 1300 789 978 |
| PANDA – Panic and Anxiety Disorders Association | 9889 6760 |
| SANE Australia – Helpline & resources | 1800 187 263 |
| SOLACE Association – Local groups for grieving partners | 9590 9209 |
| www.beyondblue.org.au | www.depressionnet.com.au |
| www.headspace.org.au | www.moodgym.anu.edu.au |
| Multicultural Mental Health Australia | www.mmha.org.au |

Your GP could also refer you to a private practitioner who may be Medicare approved for up to 12 free sessions.

Parenting – family support

| | |
|--|-----------|
| Dandenong/Springvale Community Health | 8558 9000 |
| Visy Cares Centre | 9793 2155 |
| Windermere Child and family | 9705 3200 |
| Family Support Counselling | 9239 5100 |
| Maternal & Child Health – Dandenong | 9793 7385 |
| Maternal & Child Health – Springvale | 5945 4250 |
| Maternal & Child Health Line | 13 22 29 |
| Parentline – Telephone support, strategies & referral advice | 13 22 89 |
| Parentlink – Activities & support for single parent families | 9885 0333 |
| Parentzone – Anglicare programs for parents, Cranbourne | 5995 0866 |
| Pit Stop – Statewide fatherhood course born at City of Casey | 9705 5590 |
| Queen Elizabeth Centre – Support for early parenthood | 9549 2777 |
| South East Family Services – Child First program | 9705 3939 |
| Step Family Assoc. of Victoria – Courses & resources | 9639 6611 |
| Windermere CFS – Programs & support workers | 9705 3200 |

Self-help options: www.raisingchildren.net.au www.cyh.com
www.dictionaryfordads.com www.athomedad.com

Personal counselling

| | |
|--|--------------|
| Greater Dandenong Community Health | 8558 9000 |
| City of Dandenong family Counselling Service | 8768 5147 |
| Andrews Centre, The – Endeavour Hills | 9700 4944 |
| Centacare Catholic Family Services – Dandenong | 9793 2200 |
| Doveton Baptist Church | 9706 9081 |
| Dandenong Salvation Army | 9706 9366 |
| Family Mediation Centre – Narre Warren | 9705 6277 |
| Family Relationships Advice Line | 1800 050 321 |
| Family Relationship Centre – Oakleigh | 95633555 |
| Windermere Child and Family | 9705 3200 |
| Making Marriage Better – 10 week couples course | 9736 2273 |
| Mensline – 24/7 telephone free professional counselling | 1300 789 978 |
| Men's Referral Service – Family violence phone counselling | 1800 065 973 |
| Relationships Australia – Dandenong | 9704 7788 |
| Centacare | 9793 3048 |

Your GP could also refer you to a private practitioner who may be Medicare approved for up to 12 free sessions.

Separation and suicide

| | |
|---|--------------|
| Crisis Assessment Team – Psychiatric triage | 1300 369 012 |
| Child Support Agency www.csaonline.gov.au | 13 12 72 |
| Dads in Distress – Group for separated men, Narre Warren South | 1300 853 437 |
| Family Law and Child Support | 1300 352 000 |
| Family Law Courts National Enquiry Centre | 1300 352 000 |
| Family Mediation – Parenting after separation course | 9705 6277 |
| Family Relationships Advice Line | 1800 050 321 |
| Family Support Counselling | 9239 5100 |
| Federal Magistrates Court – Melbourne & Dandenong | 1300 352 000 |
| GordonCare – Facilitated contact centres, mediation & support | 9704 1520 |
| International Social Services – Disputes & tracing overseas | 1300 657 843 |
| Mensline – 24/7 professional counselling for men & families | 1300 789 978 |
| MENDS – Courses & tips for separated men www.mends.com.au | 1300 363 361 |
| Parentlink – Activities & support for single parent families | 9885 0333 |
| Relationships Australia – Courses & counselling | 1300 364 277 |
| SuicideLine (VIC) – 24/7 counselling and HOPE | 1300 651 251 |

Self-help option: www.familylawwebguide.com.au

Websites and info services

| | |
|---|-----------|
| Springvale Community Aid and Advice | 9546 5255 |
| Dandenong Community Aid and Advice | 9791 8344 |
| City of Dandenong www.greaterdandenong.vic.gov.au | |
| City of Dandenong | 9239 5100 |
| Springvale Learning Centre | 9798 7005 |
| Australian Camp Connect www.campconnect.org.au/resources | |
| Australian Directory of Men's Support Services www.admss.com.au | |
| Dads in Distress Inc. www.dadsindistress.asn.au | |
| Dads on the Air (89.3FM 2GLF) www.dadsontheair.net | |
| Fatherhood Foundation/ Dads 4 Kids (AUS) www.fatherhoodonline.org | |
| Fatherhood Institute (UK) www.fatherhoodinstitute.org | |
| Infoxchange www.serviceseeker.com.au | |
| Mensline Australia www.menslineaus.org.au | |
| Mensheds Australia www.mensheds.com.au | |
| National Fatherhood Initiative (USA) www.fatherhood.org | |
| Parentzone www.anglicarevic.org.au/Parentzone/southern | |
| Vicnet – Victoria's Community Info Portal www.vicnet.net.au | |

Helpmate Casey and Cardinia

Accommodation and housing

| | |
|---|--------------|
| CHAP – <i>Common Homelessness Access Points for outer SE</i> | 1800 637 993 |
| Community Housing Limited | 9856 0050 |
| Crisis Accommodation Information | 1800 627 727 |
| Consumer Affairs Victoria | 1300 558 181 |
| Dept of Human Services – <i>Office of Housing</i> | 1300 650 172 |
| Flagstaff Crisis Accommodation Services | 9329 4800 |
| Frederick St Rooming House – <i>Dandenong</i> | 9794 7457 |
| George St Rooming House – <i>Dandenong</i> | 9793 9569 |
| Hanover Welfare Services – <i>Dandenong</i> | 9792 0705 |
| Parentlink – <i>Support for single parent families</i> | 9885 0333 |
| Real Estate Institute of Victoria | 9205 6677 |
| Salvation Army Crisis Services | 1800 627 727 |
| Supported Housing Ltd – <i>Supporting disability services</i> | 9859 8833 |
| Tenants Union of Victoria | 1800 068 860 |
| WAYSS – <i>Includes SHASP program for Outer SE</i> | 9791 6111 |
| Windermere Child & Family Services | 9705 3200 |

Look for ads in your local paper or www.vacancyseeker.org.au

Advocacy and complaints

| | |
|--|--|
| Child Support – <i>Complaints</i> | 132 919 |
| Child Support – <i>Legal Aid</i> | 1800 677 402 |
| Commonwealth Ombudsman – <i>Re Federal Govt services</i> | 1300 362 072 |
| Department of Human Services – <i>Complaints</i> | 1300 884 706 |
| Dispute Settlement Centre Victoria | 1800 658 528 |
| Legal Ombudsman – <i>Re complaints about a solicitor</i> | 9607 9311 |
| Lone Fathers Association | www.lonefathers.com.au |
| Men's Rights Agency | www.mensrights.com.au |
| Social Security Appeals Tribunal (SSAT) | 1800 011 140 |
| Shared Parenting Council of Aust. | www.familylawwebguide.com.au |
| State Ombudsman – <i>Re Victorian Government services</i> | 1800 806 314 |
| Tenants Union of Victoria – <i>Re landlords and agents</i> | 1800 068 860 |
| VCAT – <i>Civil disputes & small claims</i> | 1800 133 055 |

Alcohol and drugs

| | |
|---|--------------|
| Al-Anon Family Groups Aus – <i>Help for affected families</i> | 9620 2166 |
| Alcoholics Anonymous – <i>Group support</i> | 9791 1833 |
| Andrews Centre – <i>Counselling (including families)</i> | 9700 4944 |
| Anglicare – <i>Drug & alcohol programs & counselling</i> | 9412 6133 |
| Cannabis Information and Helpline | 1800 304 050 |
| Direct Line – <i>Phone counselling & referral advice</i> | 1800 888 236 |
| Drug and Alcohol Clinical Advisory Service | 1800 812 804 |
| Drug information in other languages | 1800 123 234 |
| Family Drug Helpline – <i>Support, info & advice</i> | 1300 660 068 |
| Narconon – <i>Residential drug rehab and detox centre</i> | 1300 887 688 |
| Narcotics Anonymous – <i>Group support</i> | 1300 652 820 |
| QUIT – <i>Telephone support & strategies to stop smoking</i> | 13 18 48 |
| Salvos Addiction Awareness Workshop – <i>Dandenong</i> | 9794 9533 |
| SEADS – <i>South East Alcohol & Drug Service. Local options</i> | 8792 2330 |
| Windana Society – <i>Rehabilitation, support & counselling</i> | 5942 8544 |
| Youth Substance Abuse Service – <i>Dandenong</i> | 9701 3488 |

Some of the many private practitioners not listed here may be bulk billed with a referral from a GP.

Anger and violence

| | |
|---|--------------|
| Andrews Centre – <i>Counselling (including families)</i> | 9700 4944 |
| Anglicare – <i>Support for victims of family violence</i> | 9412 6133 |
| Berry Street – <i>Take Two program for child victims of family violence</i> | 9429 9266 |
| Cardinia-Casey Community Health | 8768 5147 |
| Heavy METAL – <i>Counselling & groups</i> | 0401 766 877 |
| Lifeworks – <i>Contact Melbourne Head Office for nearest centre</i> | 9654 7360 |
| Living Springs Counselling Centre – <i>Berwick</i> | 9702 6687 |
| Mensline – <i>24 hr support for men & their families</i> | 1300 789 978 |
| Men's Referral Service – <i>12noon – 9pm Mon-Fri</i> | 1800 065 973 |
| Relationships Australia – <i>Counselling & groups</i> | 1300 364 277 |
| SALVOS Positive Lifestyle Centre – <i>Group programs</i> | 9794 9533 |
| SECASA – <i>For male or female victims of all kinds of abuse</i> | 1800 806 392 |
| 'Who's in Charge?' – <i>For parents of abusive children 8-18</i> | 5941 0500 |
| Victims of Crime Helpline – <i>For male or female victims</i> | 1300 659 419 |
| Victims Support Agency – <i>Windermere CFS</i> | 9705 3200 |

Whether you have been a victim or have perpetrated violence, change can begin when you pick up the phone.

Crisis help and material aid

| | |
|--|--------------|
| Cardinia Combined Churches Caring (4 C's) | 5941 2268 |
| Cornerstone – <i>Mateship, meals & material aid, Dandenong</i> | 9794 5654 |
| Casey North Community Info & Support Centre | 9705 6699 |
| Cranbourne Info & Support Centre | 5996 3333 |
| Cranbourne Family Support Centre | 5996 3048 |
| Doveton Baptist Church – <i>Doveton</i> | 9706 9081 |
| Andrews Centre – <i>Endeavour Hills</i> | 9700 4944 |
| Salvation Army – <i>Berwick</i> | 9704 1940 |
| – <i>Cranbourne</i> | 5991 1777 |
| – <i>Doveton</i> | 9793 3933 |
| – <i>Pakenham</i> | 5941 4906 |
| St Vincent de Paul – <i>Cranbourne</i> | 5996 3926 |
| St Vincent de Paul – <i>Welfare Hotline</i> | 1300 305 330 |
| Utility Relief Grant Scheme – <i>Assistance to pay utility bills</i> | 1800 658 521 |

Consider also your own family, friends or workplace for support. A crisis often brings out the best in people and draws us together.

Fathers and kids together

| | |
|---|--|
| Australian Camp Connect | www.campconnect.org.au |
| – <i>Camps and activities for all dads with sons or daughters</i> | 9779 6909 |
| Dadslink (YMCA) | www.victoria.ymca.org.au/dadslink |
| – <i>Social activities & support for dads & kids (especially separated)</i> | 9403 5000 |
| Fathering Adventures | www.fatheringadventures.com.au |
| – <i>Father & son outdoor adventures and initiation into manhood</i> | 07 4723 2941 |
| Go For Your Life | www.goforyourlife.vic.gov.au |
| – <i>Places to go, things to do, events calendar for all the family</i> | 1300 739 899 |
| Parents without Partners | www.pwpaustalia.net |
| – <i>Regular social activities & support for single parents and children</i> | 1300 797 842 |
| Parentlink (YMCA) | www.victoria.ymca.org.au/parentlink |
| – <i>Social activities & support for single parent families</i> | 9885 0333 |
| Pathways Foundation | www.pathwaysfoundation.com.au |
| – <i>Rites of passage treks for young teens plus father-son weekends</i> | 1300 850 766 |
| SingleParents ActiveKids | www.singleparentsactivekids.org |
| – <i>Weekly activities for custodial and access single parents and kids</i> | 9484 8970 |

See also your LOCAL COUNCIL for local events & programs.

Gambling and addictions

| | |
|--|--------------|
| Professional Help | |
| Andrews Centre – <i>Counselling (including families)</i> | 9700 4944 |
| Gamblers Help – <i>Free, confidential, local</i> | 1800 858 858 |
| Gamblers Anonymous – <i>Group therapy & socials</i> | 9696 6108 |
| Living Springs Counselling Centre – <i>Berwick</i> | 9702 6687 |

Many counsellors and psychologists also deal with addictions. Your GP could also refer you to a private practitioners who may be Medicare approved for up to 12 free sessions.

| | |
|---------------------|--|
| Self Help | |
| Common addictions | www.addictionrecoveryguide.org |
| Internet addictions | www.netaddiction.com |

– Issues include online gaming, online gambling, cyberporn, cybersex, chat room, eBay and Facebook

General health and wellbeing

| | |
|--|--|
| Cardinia-Casey Community Health | 8768 5147 |
| Casey Hospital | 8768 1200 |
| Casey Superclinic – <i>24/7 Medical centre & chemist Berwick</i> | 9707 4777 |
| Dandenong Hospital | 9594 6666 |
| Dental Health Services Victoria | 1300 360 054 |
| Gay & Lesbian Switchboard | 9663 2939 |
| Kooweerup Regional Health Service | 5997 9679 |
| Pakenham Superclinic | 5941 8699 |
| St John of God Hospital – <i>Berwick</i> | 9707 1900 |
| ABC Health | www.abc.net.au |
| Andrology Australia | www.andrologyaustralia.org.au |
| Better Health Channel | www.betterhealth.vic.gov.au |
| Foundation 49 | www.49.com.au |
| Men's Health Australia | www.menshealthaustralia.net |
| Victoria Online | www.vic.gov.au/health-community |

The Casey-Cardinia Men's Health Action Group promotes men's health locally. Go to www.health4men.com.au

Legal and financial advice

| | |
|---|--|
| Cardinia-Casey Community Health Service | 8768 5147 |
| Centrelink – Drought Assistance Line (8am – 8pm) | 13 2316 |
| Centrelink – Family Assistance Office (8am – 8pm) | 13 6150 |
| Credit Helpline Victoria | 9602 3800 |
| Casey North Community Info & Support Service | 9705 6699 |
| Casey-Cardinia Community Legal Service | 9793 1993 |
| Cranbourne Info & Support Centre | 5996 3333 |
| Drought Information Line – Info, support, counselling | 136 186 |
| Family Relationships Advice Line | 1800 064 784 |
| Law Institute of Vic – Dial-a-Law Know-Your-Rights | 9602 5000 |
| My Budget – Nationwide financial and debt management | 1300 300 922 |
| | www.mybudget.com.au |
| Peninsula Community Legal Centre | 1800 064 784 |
| Salvation Army Accounts Mediation Service | 5991 1777 |
| Victorian Aboriginal Legal Service | 9419 3888 |
| Victorian Legal Aid | 1800 677 402 |
| Your Business Angels www.YourBusinessAngels.com.au | 9898 2559 |

Local attractions

| | |
|---|--------------|
| Australian Rainbow Trout Farm – Macclesfield | 5968 4711 |
| Cardinia LIFE – Aquatic and recreation centre at Pakenham | 5945 2888 |
| Casey ARC – Indoor aquatic and recreation centre at Narre Warren | 9705 5000 |
| Casey RACE – Recreation and aquatic centre at Cranbourne | 9705 5200 |
| Cranbourne Indoor Pool (at least during 2009) | 5996 1753 |
| Emerald Lake Park – Paddle boats, model railway, swim | 1300 131 683 |
| Endeavour Hills Leisure Centre – Next to skate park | 9700 4697 |
| Gumbuya Park – Animal sanctuary and amusement rides | 5629 2613 |
| Lunar Drive In Theatre – Dandenong | 9706 9988 |
| Myuna Farm – Animals, rides, BBQs at Doveton | 9706 9944 |
| Royal Botanic Gardens – Cranbourne | 5990 2200 |
| Village Cinemas – Fountain Gate | 1300 555 400 |
| Wilson Botanic Park – Berwick | 9707 5818 |
| <i>Look for attractions, calendar of events and holiday programs:</i> | |
| CITY OF CASEY www.casey.vic.gov.au | 9705 5200 |
| CARDINIA SHIRE COUNCIL www.cardinia.vic.gov.au | 1300 787 624 |

Mateship and men's groups

| | |
|---|--------------|
| Cornerstone – Mateship, meals & material aid, Dandenong | 9794 5654 |
| Cranbourne Community Workshop – Activities for men | 5996 2941 |
| Dads and Lads – Group fitness class at Cranbourne Pool | 5996 1753 |
| Dads in Distress – Group for separated dads at Narre Warren | 1300 853 437 |
| Dadslink – Social activities, support and referral | 9403 5000 |
| Daytime Dads – Playgroup Wednesdays 9.30am | 9704 5589 |
| Doveton Men's Breakfast – Salvos Wednesdays 9am | 9793 3933 |
| Little Acrobats – Gymnastics for US's with dad at YMCA | 9700 4697 |
| Men's Leadership Victoria – Camps etc. mensleadershipvictoria@gmail.com | |
| Men's Shed – Outlook Community Centre, Pakenham | 0409 861 088 |
| Narre Men's Group – Fridays 10am | 9704 7388 |
| OMNI Groups – Men 50+ statewide – Cranbourne & Berwick | 9655 2106 |
| Papa Bear – Dads with a child who has a disability or delay | 9704 6757 |
| Pit Stop – Men's parenting courses now statewide. City of Casey | 9705 5590 |

Check with the City of Casey Dads Matter team on 9705 5590. Local churches also have activities, courses & support options.

Mental-emotional health

| | |
|--|--|
| ARAFEMI – Support for relatives & friends | 1300 550 265 |
| Beyond Blue – Depression info hotline | 1300 224 636 |
| Cardinia-Casey Community Health | 8768 5147 |
| Crisis Assessment & Treatment – Psychiatric triage | 1300 369 012 |
| ERMHA – Local support & social activities | 9796 1000 |
| GRIEFLINE – Support for grieving adults & kids | 9596 7799 |
| GROW – Groups & resources for those not coping | 1800 558 268 |
| Kooweerup Regional Health Service | 5997 9679 |
| Outdoors Inc – Recreational activities | 9417 2111 |
| PANDA – Panic and Anxiety Disorders Association | 9889 6760 |
| SANE Australia – Helpline & resources | 1800 187 263 |
| SOLACE Association – Local groups for grieving partners | 9590 9209 |
| www.beyondblue.org.au | www.depressionnet.com.au |
| www.headspace.org.au | www.moodgym.anu.edu.au |
| Multicultural Mental Health Australia | www.mmha.org.au |

Your GP could also refer you to a private practitioner who may be Medicare approved for up to 12 free sessions.

Parenting – family support

| | |
|---|-----------|
| Berry Street – Child, youth & family services, Head office | 9429 9266 |
| City of Casey – Variety of programs & support workers | 9705 5590 |
| Connections – Child, youth & family services | 5990 8044 |
| Kooweerup Early Parenting Unit – Day stay & support | 5997 9679 |
| Maternal & Child Health – City of Casey | 9705 5590 |
| Maternal & Child Health – Shire of Cardinia | 5945 4250 |
| Maternal & Child Health Line | 13 22 29 |
| Parentline – Telephone support, strategies & referral advice | 13 22 89 |
| Parentlink – Activities & support for single parent families | 9885 0333 |
| Parentzone – Anglicare programs for parents, Cranbourne | 5995 0866 |
| Pit Stop – Statewide fatherhood course born at City of Casey | 9705 5590 |
| Queen Elizabeth Centre – Support for early parenthood | 9549 2777 |
| South East Family Services – Child First program | 9705 3939 |
| Step Family Assoc. of Vic. – Courses & resources | 9639 6611 |
| Windermere CFS – Programs & support workers | 9705 3200 |
| <i>Self-help options: www.raisingchildren.net.au www.cyh.com www.dictionaryfordads.com www.athomedad.com</i> | |

Personal counselling

| | |
|--|--------------|
| Andrews Centre, The – Endeavour Hills | 9700 4944 |
| Cardinia Family Counselling Service – Pakenham | 8768 5147 |
| Casey North Community Info & Support Service | 9705 6699 |
| Centacare Catholic Family Services – Dandenong | 9793 2200 |
| Cranbourne Info & Support Centre | 5996 3333 |
| Cranbourne Salvation Army | 5991 1777 |
| Family Mediation Centre – Narre Warren | 9705 6277 |
| Family Relationships Advice Line | 1800 050 321 |
| Family Relationship Centre – Berwick | 8768 4111 |
| Living Springs Counseling Centre – Berwick | 9702 6687 |
| Making Marriage Better – 10 week couples course | 9736 2273 |
| Mensline – 24/7 telephone free professional counselling | 1300 789 978 |
| Men's Referral Service – family violence phone counselling | 1800 065 973 |
| Relationships Australia – Cranbourne | 9547 7721 |
| Turning Point Counselling Centre – Cranbourne | 5996 3048 |
| <i>Your GP could also refer you to a private practitioner who may be Medicare approved for up to 12 free sessions.</i> | |

Separation and suicide

| | |
|---|--------------|
| Crisis Assessment Team – Psychiatric triage | 1300 369 012 |
| Child Support Agency www.csaonline.gov.au | 13 12 72 |
| Dads in Distress – Group for separated men, Narre Warren South | 1300 853 437 |
| Family Law and Child Support | 1300 352 000 |
| Family Law Courts National Enquiry Centre | 1300 352 000 |
| Family Mediation – Parenting after separation course | 9705 6277 |
| Family Relationships Advice Line | 1800 050 321 |
| Family Relationship Centre – Berwick | 8768 4111 |
| Federal Magistrates Court – Melbourne & Dandenong | 1300 352 000 |
| GordonCare – Facilitated contact centres, mediation & support | 9704 1520 |
| International Social Services – Disputes & tracing overseas | 1300 657 843 |
| Mensline – 24/7 professional counselling for men & families | 1300 789 978 |
| MENDS – Courses & tips for separated men www.mends.com.au | 1300 363 361 |
| Parentlink – Activities & support for single parent families | 9885 0333 |
| Relationships Australia – Courses & counselling | 1300 364 277 |
| SuicideLine (VIC) – 24/7 counselling and HOPE | 1300 651 251 |
| <i>Self-help option: www.familylawwebguide.com.au</i> | |

Websites and info services

| | |
|---|--------------|
| CITY OF CASEY www.casey.vic.gov.au | 9705 5200 |
| CARDINIA SHIRE COUNCIL www.cardinia.vic.gov.au | 1300 787 624 |
| Casey North Community Information & Support Service | 9705 6699 |
| Cranbourne Information & Support Centre | 5996 3333 |
| Living and Learning in Pakenham (LLINC) | 5941 2389 |
| Australian Camp Connect www.campconnect.org.au/resources | |
| Australian Directory of Men's Support Services www.admss.com.au | |
| Dads in Distress Inc. www.dadsindistress.asn.au | |
| Dads on the Air (89.3FM 2GLF) www.dadsontheair.com | |
| Fatherhood Foundation/ Dads 4 Kids (AUS) www.fatherhoodonline.org | |
| Fatherhood Institute (UK) www.fatherhoodinstitute.org | |
| Infexchange www.servicesseeker.com.au | |
| Mensline Australia www.menslinaus.org.au | |
| Mensheds Australia www.mensheds.com.au | |
| National Fatherhood Initiative (USA) www.fatherhood.org | |
| Parentzone www.anglicarevic.org.au/Parentzone/southern | |
| Vicnet – Victoria's Community Info Portal www.vicnet.net.au | |

Helpmate Mornington Peninsula

Accommodation and housing

| | |
|--|--------------|
| Community Housing Limited | 9856 0050 |
| Crisis Accommodation Information | 1800 627 727 |
| Department of Human Services – Office of Housing | 1300 650 172 |
| – Cheltenham | 8585 6200 |
| – Dandenong | 9767 8777 |
| – Frankston | 9784 3200 |
| Fusion Youth Housing and Support | 5974 1442 |
| Good Shepherd Youth and Family Services | 5971 9444 |
| Homelessness Helpline | 1800 065 892 |
| Peninsula Youth and Family Services | 1800 802 398 |
| – Rosebud | 5986 7122 |
| Parentlink – Support for single parent families | 9885 0333 |
| Salvation Army Crisis Accommodation – Frankston | 9784 5050 |
| The Tenants Union of Victoria | 1800 068 860 |
| WAYSS Emergency Refuge Accommodation | 9791 5692 |

Look for ads in your local paper or www.vacancyseeker.org.au

Advocacy and complaints

| | |
|---|--|
| Child Support – Complaints | 132 919 |
| Child Support – Legal Aid | 1800 677 402 |
| Commonwealth Ombudsman – Re Federal Govt services | 1300 362 072 |
| Department of Human Services – Complaints | 1300 884 706 |
| Dispute Settlement Centre Victoria | 1800 658 528 |
| Legal Ombudsman – Re complaints about a solicitor | 9607 9311 |
| Lone Fathers Association | www.lonefathers.com.au |
| Men's Rights Agency | www.mensrights.com.au |
| Social Security Appeals Tribunal (SSAT) | 1800 011 140 |
| Shared Parenting Council of Aust. | www.familylawwebguide.com.au |
| State Ombudsman – Re Victorian Government services | 1800 806 314 |
| Tenants Union of Victoria – Re landlords and agents | 1800 068 860 |
| VCAT – Civil disputes & small claims | 1800 133 055 |

Alcohol and drugs

| | |
|--|--------------|
| Al-Anon Family Groups Australia – Help for affected families | 9620 2166 |
| Alcoholics Anonymous (AA) – Mornington Peninsula | 1300 880 390 |
| Anglicare – Drug and alcohol counselling and programs | 9412 6133 |
| Cannabis Information and Helpline | 1800 304 050 |
| Drug Information in Other Languages | 1800 123 234 |
| Family Drug Helpline – Support, information and advice | 1300 660 068 |
| Family Drug Support – Information and Referral | 1300 368 186 |
| Peninsula Community Health Service – Mornington | 5975 8266 |
| – Rosebud | 5979 2894 |
| – Hastings | 5979 2894 |
| Peninsula Drug and Alcohol Program | 9784 8100 |
| Peninsula Health | 9784 7777 |
| Narcotics Anonymous – Group support | 1300 652 820 |
| QUIT – Telephone support and strategies to stop smoking | 13 18 48 |
| Salvation Army – Counselling, support, programs and referral | 1800 627 727 |
| SEADS – South East Alcohol & Drug Service. Local options | 8792 2330 |

Some of the many private practitioners not listed here may be bulk billed with a referral from a GP.

Anger and violence

| | |
|---|--------------|
| Lifeworks – Contact Melbourne head office for nearest centre | 9654 7360 |
| Mornington Peninsula Domestic Violence Service | 5971 9454 |
| Mensline – 24 hr support for men and their families | 1300 789 978 |
| Men's Referral Service – 12noon – 9pm Mon-Fri | 1800 065 973 |
| MENS – Men Exploring Non-Violent Services | 5975 8266 |
| Peninsula Community Health Service – Mornington | 5975 8266 |
| – Rosebud | 5979 2894 |
| – Hastings | 5979 2894 |
| Relationships Australia – Counselling and groups | 1300 364 277 |
| Salvos Positive Lifestyle Centre – Group programs | 9794 9533 |
| SECASA – for male or female victims of all kinds of abuse | 1800 806 392 |
| 'Who's in Charge?' – for parents of abusive children 8-18 | 5941 0500 |
| Victims of Crime Helpline – for male or female victims (8am - 11pm) | 1800 819 817 |
| Victims Support Agency | 8684 6700 |

Whether you have been a victim or have perpetrated violence, change can begin when you pick up the phone

Crisis help and material aid

| | |
|--|--------------|
| Anglicare – Rosebud | 5986 9900 |
| Brotherhood of St Laurence | 9781 5900 |
| Community Information and Support Centres – Hastings | 5979 2762 |
| – Mornington | 5975 1644 |
| – Southern Peninsula | 5986 1285 |
| Good Shepherd Youth and Family Services | 5971 9444 |
| Peninsula Community Health Service – Mornington | 5975 8266 |
| – Rosebud | 5975 8266 |
| – Hastings | 5979 2894 |
| Salvation Army Crisis Centre | 1800 627 727 |
| St Vincent de Paul – Welfare hotline | 1300 305 330 |

Consider also your own family, friends or workplace for support.

A crisis often brings out the best in people and draws us together.

Fathers and kids together

| | |
|---|--|
| Australian Camp Connect | www.campconnect.org.au |
| – Camps and activities for all dads with sons or daughters | 9779 6909 |
| Dadslink (YMCA) | www.victoria.ymca.org.au/dadslink |
| – Social activities & support for dads & kids (especially separated) | 9403 5000 |
| Fathering Adventures | www.fatheringadventures.com.au |
| – Father & son outdoor adventures and initiation into manhood | 07 4723 2941 |
| Go For Your Life | www.goforyourlife.vic.gov.au |
| – Places to go, things to do, events calendar for all the family | 1300 739 899 |
| Parents without Partners | www.pwpaustralia.net |
| – Regular social activities & support for single parents and children | 1300 797 842 |
| Parentlink (YMCA) | www.victoria.ymca.org.au/parentlink |
| – Social activities & support for single parent families | 9885 0333 |
| Pathways Foundation | www.pathwaysfoundation.com.au |
| – Rites of passage treks for young teens plus father-son weekends | 1300 850 766 |
| SingleParents ActiveKids | www.singleparentsactivekids.org |
| – Weekly activities for custodial and access single parents and kids | 9484 8970 |

See also your LOCAL COUNCIL for local events & programs.

Gambling and addictions

| | |
|--|--------------|
| Professional Help | |
| Anglicare Rosebud | 5986 9900 |
| Gamblers Help – Free, confidential, local | 1800 858 858 |
| Gamblers Anonymous – Group therapy and socials | 9696 6108 |
| Gambling Helpline | 1800 622 118 |
| Help Southern Counselling Services – Rosebud | 1800 156 789 |

Many counsellors and psychologists also deal with addictions. Your GP could also refer you to a private practitioners who may be Medicare approved for up to 12 free sessions.

Self Help

| | |
|--|--|
| Common addictions | www.addictionrecoveryguide.org |
| Internet addictions | www.netaddiction.com |
| – Issues include online gaming, online gambling, cyberporn, cybersex, chat room, eBay and Facebook | |

General health and wellbeing

| | |
|---|--|
| Aboriginal Health Service – Victoria | 9419 3000 |
| Andrology Australia | www.andrologyaustralia.org.au |
| Cancer Council – Helpline | 131 120 |
| Dental Health Services Victoria | 1300 360 054 |
| Foundation 49 | www.49.com.au |
| Gay & Lesbian Switchboard | 9663 2939 |
| Heart Foundation – For heart health information and referrals | 1300 362 787 |
| Hospital – Frankston | 9784 7777 |
| Hospital – Rosebud | 5986 6666 |
| Men's Health Australia | www.menshealthaustralia.net |
| Mensline – Phone counselling, information and referrals | 1300 789 978 |
| Peninsula Community Health Service – Mornington | 5975 8266 |
| – Rosebud | 5975 8266 |
| – Hastings | 5979 2894 |
| Victorian Aids Council – information and referral | 1800 134 840 |
| Victoria Online | www.vic.gov.au/health-community |

Legal and financial advice

| | |
|---|---------------------|
| Anglicare Rosebud – <i>Financial counselling, info and support</i> | 5986 9900 |
| Centrelink – <i>Family Assistance Office (8am – 8pm)</i> | 13 61 50 |
| Credit Helpline Victoria | 1800 803 800 |
| Consumer Affairs Victoria | 1300 558 181 |
| Law Institute of Victoria – <i>Dial-a-Law Know-Your-Rights</i> | 9602 5000 |
| Peninsula Community Legal Centre – <i>Rosebud</i> | 1800 064 784 |
| My Budget – <i>Nationwide financial and debt management</i> | 1300 300 922 |
| | www.mybudget.com.au |
| Aboriginal Legal Service – <i>Victorian</i> | 9419 3888 |
| Legal Aid Advice Line – <i>Multilingual telephone service</i> | 1800 677 402 |
| Your Business Angels www.YourBusinessAngels.com.au | 9898 2559 |

Child & youth services

| | |
|--|------------------------------|
| Child Support Agency – <i>General enquires</i> | 131 272 |
| Automated Accounts Information Service | 131 107 |
| Interpreting Services | 131 450 |
| Complaints | 132 919 |
| Child Support Legal Services – <i>Legal aid</i> | 1800 677 402 |
| CSA Online | 1800 637 445 |
| Childhood Foundation – <i>Specialist counselling service</i> | 9874 3922 |
| Kids Helpline | 1800 551 800 |
| Reconnect – <i>Help to work things out at home, full range of services</i> | 9611 2411 |
| Bursting the Bubble – <i>Resource for young people about family violence and abuse</i> | www.burstingthebubble.com.au |
| Youth Substance Abuse Service – <i>Frankston</i> | 9770 5622 |
| Headspace – <i>National youth mental health foundation</i> | www.headspace.org.au |
| <i>Check with your local Council for further information and links</i> | |
| MORNINGTON PENINSULA SHIRE COUNCIL | 1300 850 600 |

Mateship and men's groups

| | |
|---|--------------------------------------|
| Dads in Distress – <i>Group for separated men</i> | 1300 853 437 |
| Dadslink – <i>Social Activities, Support and Referral</i> | 9403 5000 |
| Victorian Men's Gathering – <i>South Gippsland contacts – Doug Stark</i> | 5683 2696 |
| | – <i>Wayne Thwaites</i> 0438 635 339 |
| <i>Currently men's groups are operating from Bass, Corinella, Mirboo North, Foster & Yarram</i> | |
| Men's Health and Well Being Matters | 1300 850 600 |
| Men's Leadership Victoria – <i>Camps etc.</i> | mensleadershipvictoria@gmail.com |
| Local Men's Shed locator | www.menshed.com.au |

or Contact Your Local Community Centre or Neighbourhood House

| | |
|---|---------------------------------------|
| Community Information and Support Centres | |
| | – <i>Hastings</i> 5979 2762 |
| | – <i>Mornington</i> 5975 1644 |
| | – <i>Southern Peninsula</i> 5986 1285 |

Check with Your Local Council for Further Information and Links

| | |
|------------------------------------|--------------|
| MORNINGTON PENINSULA SHIRE COUNCIL | 1300 850 600 |
|------------------------------------|--------------|

Mental-emotional health

| | |
|--|-------------------------|
| Beyond Blue – <i>Depression info hotline</i> | 1300 224 636 |
| GRIEFLINE – <i>Support for grieving adults and kids</i> | 9596 7799 |
| GROW – <i>Groups and resources for those not coping</i> | 1800 558 268 |
| Lifeline Telephone Counselling | 13 11 14 |
| Multicultural Mental Health Australia | www.mmha.org.au |
| PANDA – <i>Panic and Anxiety Disorders Association</i> | 9889 6760 |
| Peninsula Community Mental Health Service | 9784 6999 |
| Psychiatric Crisis Assessment Team | 1300 792 977 |
| SANE Australia – <i>Helpline & resources</i> | 1800 187 263 |
| SOLACE Association – <i>Local groups for grieving partners</i> | 9590 9209 |
| www.beyondblue.org.au | www.depressionet.com.au |
| www.headspace.org.au | www.moodgym.anu.edu.au |
| Multicultural Mental Health Australia | www.mmha.org.au |

Your GP could also refer you to a private practitioner who may be Medicare approved for up to 12 free sessions.

Parenting – family support

| | |
|---|--------------|
| Anglicare Rosebud – <i>Parenting skills, education, advocacy</i> | 5986 9900 |
| Brotherhood of St Laurence | 9769 5900 |
| Dads in Distress Support Service www.dadsindistress.asn.au | 1300 853 437 |
| Family Mediation Centres – <i>Multiple locations</i> | 9556 5333 |
| Family Relationships Advice Line – <i>Information, advice and referral</i> | 1800 050 321 |
| Family Relationship Centre – <i>Frankston</i> | 9770 0341 |
| Good Shepherd Youth and Family Services | 5971 9444 |
| Maternal & Child Health Line | 13 22 29 |
| MP Enhanced Maternal and Child Health Service | 5950 1635 |
| Oz Child Family and Children's Services – <i>Rosebud & Mornington</i> | 5975 7644 |
| Parentline – <i>Telephone support, strategies and referral advice</i> | 13 22 89 |
| Parentlink – <i>Activities and support for single parent families</i> | 9885 0333 |
| Presentation Family Centre Inc | 5983 1819 |
| Relationships Australia – <i>Full range of services and programs</i> | 1300 364 277 |
| Stepfamily Association of Victoria | 9481 1500 |
| <i>Self-help options: www.raisingchildren.net.au www.cyh.com</i> | |
| <i>www.dictionaryfordads.com www.athomedad.com</i> | |

Personal counselling

| | |
|---|-------------------------------|
| Counselling Community One Inc. | 5974 2966 |
| Counselling Services – <i>Mornington</i> | 5975 1644 |
| Family Relationships Advice Line | 1800 050 321 |
| MENS – <i>Men Exploring Non-Violent Solutions</i> | 5975 8266 |
| Mensline – <i>24/7 telephone free professional counselling</i> | 1300 789 978 |
| Men's Referral Service – <i>Family violence phone counselling</i> | 1800 065 973 |
| Mornington Peninsula Vietnam Veterans' Association | 5981 1285 |
| Peninsula Community Health Service | 5975 8266 |
| | – <i>Mornington</i> 5975 8266 |
| | – <i>Rosebud</i> 5979 2894 |
| | – <i>Hastings</i> 9784 7777 |

| | |
|---------------------------|--------------|
| Peninsula Health | 9784 7777 |
| Relationships Australia | 1300 364 277 |
| Turning Point Counselling | 1800 888 236 |

Your GP could also refer you to a private practitioner who may be Medicare approved for up to 12 free sessions.

Separation

| | | |
|---|--------------------------------|---------------|
| Child Support Agency | www.csaonline.gov.au | 13 12 72 |
| Dads in Distress – <i>Group for separated men</i> | | 1300 853 437 |
| Family Law and Child Support | | 1300 352 000 |
| Family Relationship Centre | | 9770 0341 |
| Family Relationships Advice Line | | 1800 050 321 |
| | www.familyrelationships.org.au | International |
| Social Services – <i>Disputes and tracing overseas</i> | | 1300 657 843 |
| Mediator locator – <i>Searchable database by area</i> http://mediatorlocator.com.au/VIC | | 1300 789 978 |
| Mensline – <i>24/7 professional counselling for men and families</i> | | 9885 0333 |
| Parentlink – <i>Activities and support for single parent families</i> | | 9784 6999 |
| Peninsula Community Mental Health Service | | 5970 5000 |
| Peninsula Support Services – <i>Rosebud and Mornington</i> | | 9852 7945 |
| Parents Without Partners Victoria | | 1300 364 277 |
| Relationships Australia – <i>Courses and counselling</i> | | |

Self-help option: www.familylawwebguide.com.au

Websites and info services

| | |
|--|---|
| Australian Camp Connect | www.campconnect.org.au/resources |
| Australian Directory of Men's Support Services | www.admss.com.au |
| Community Information and Support Centres | – <i>Hastings</i> 5979 2762 |
| | – <i>Mornington</i> 5975 1644 |
| | – <i>Southern Peninsula</i> 5986 1285 |
| Dads in Distress Inc. | www.dadsindistress.asn.au |
| Dads on the Air (89.3FM 2GLF) | www.dadsontheair.net |
| Fatherhood Foundation/ Dads 4 Kids (AUS) | www.fatherhoodonline.org |
| Fatherhood Institute (UK) | www.fatherhoodinstitute.org |
| Infoxchange | www.serviceseeker.com.au |
| Mensline Australia | www.menslineaus.org.au |
| Mensheds Australia | www.mensheds.com.au |
| National Fatherhood Initiative (USA) | www.fatherhood.org |
| Parentzone | www.anglicarevic.org.au/Parentzone/southern |
| Vicnet – <i>Victoria's community info portal</i> | www.vicnet.net.au |

Helpmate Bass Coast and South Gippsland



Accommodation and housing

| | |
|---|--------------|
| Crisis Accommodation Information | 1800 627 727 |
| Berry Street – <i>Emergency crisis accommodation</i> | 5134 5971 |
| Salvation Army Social Housing Service – GippsCare | 5662 4502 |
| – <i>Bass Coast and South Gippsland</i> | 5622 1522 |
| Homelessness Helpline | 1800 065 892 |
| Supported Housing Ltd – <i>Supporting disability services</i> | 9859 8833 |
| Frederick St Rooming House – <i>Dandenong</i> | 9794 7457 |
| George St Rooming House – <i>Dandenong</i> | 9793 9569 |
| Hanover Welfare Services – <i>Dandenong</i> | 9792 0705 |
| Windermere Child & Family Services | 9705 3200 |
| Dept of Human Services – <i>Office of Housing</i> | 1300 650 172 |
| <i>Cheltenham – 8585 6200 Dandenong – 9767 8777 Frankston –</i> | 9784 3200 |
| Parentlink – <i>Support for single parent families</i> | 9885 0333 |
| Community Housing Limited | 9856 0050 |
| The Tenants Union of Victoria | 1800 068 860 |

Look for ads in your local paper OR www.vacancyseeker.org.au

Advocacy and complaints

| | |
|--|--|
| Child Support – <i>Complaints</i> | 132 919 |
| Child Support – <i>Legal Aid</i> | 1800 677 402 |
| Commonwealth Ombudsman – <i>Re Federal Govt services</i> | 1300 362 072 |
| Department of Human Services – <i>Complaints</i> | 1300 884 706 |
| Dispute Settlement Centre Victoria | 1800 658 528 |
| Legal Ombudsman – <i>Re complaints about a solicitor</i> | 9607 9311 |
| Lone Fathers Association | www.lonefathers.com.au |
| Men's Rights Agency | www.mensrights.com.au |
| Social Security Appeals Tribunal (SSAT) | 1800 011 140 |
| Shared Parenting Council of Aust. | www.familylawwebguide.com.au |
| State Ombudsman – <i>Re Victorian Government services</i> | 1800 806 314 |
| Tenants Union of Victoria – <i>Re landlords and agents</i> | 1800 068 860 |
| VCAT – <i>Civil disputes & small claims</i> | 1800 133 055 |

Alcohol and drugs

| | |
|---|--------------|
| Al-Anon Family Groups Aus – <i>Help for affected families</i> | 9620 2166 |
| Alcoholics Anonymous (AA) | 9791 1833 |
| <i>San Remo – 5671 9200 Wonthaggi –</i> | 5672 2237 |
| Anglicare – <i>Drug and alcohol counselling and programs</i> | 9412 6133 |
| Bass Coast Community Health Service | 5671 9200 |
| Cannabis Information and Helpline | 1800 304 050 |
| Direct Line – <i>Phone counselling & referral advice</i> | 1800 888 236 |
| Drug information in other languages | 1800 123 234 |
| Family Drug Helpline – <i>Support, info & advice</i> | 1300 660 068 |
| Family Drug Support – <i>Information and referral</i> | 1300 368 186 |
| Latrobe Community Health Services – <i>Korumburra</i> | 5654 8101 |
| Narconon – <i>Residential drug rehab and detox centre</i> | 1300 887 688 |
| Narcotics Anonymous – <i>Group support</i> | 1300 652 820 |
| QUIT – <i>Telephone support & strategies to stop smoking</i> | 13 18 48 |
| Salvation Army – <i>Counselling, support, programs and referral</i> | 1800 627 727 |
| SEADS – <i>South East Alcohol & Drug Service. Local options</i> | 8792 2330 |
| Windana Society – <i>Rehabilitation, support & counselling</i> | 5942 8544 |

Some of the many private practitioners not listed here may be bulk billed with a referral from a GP.

Anger and violence

| | |
|---|--------------|
| Bass Coast Community Health Service | 5671 9200 |
| Berry Street – <i>Take Two program for child victims of family violence</i> | 9429 9266 |
| Centacare Gippsland | 5622 1188 |
| Lifeworks – <i>Contact Melbourne Head Office for nearest centre</i> | 9654 7360 |
| Mensline – <i>24 hr support for men & their families</i> | 1300 789 978 |
| Men's Referral Service – <i>12noon – 9pm Mon-Fri</i> | 1800 065 973 |
| Mirboo North Community Health Service | 5668 2904 |
| Relationships Australia – <i>Courses & counselling, Traralgon</i> | 5175 9500 |
| Salvos Positive Lifestyle Centre – <i>Group programs</i> | 9794 9533 |
| SECASA – <i>For male or female victims of all kinds of abuse</i> | 1800 806 392 |
| 'Who's in Charge?' – <i>For parents of abusive children 8-18</i> | 5941 0500 |
| Victims of Crime Helpline – <i>For male or female victims (8am-11pm)</i> | 1800 819 817 |
| Victims Support Agency – <i>Southern area</i> | 9705 3200 |

Whether you have been a victim or have perpetrated violence, change can begin when you pick up the phone.

Crisis help and material aid

| | |
|--|--------------------------|
| Bass Coast Community Health Service | 5671 9200 |
| Bass Coast Regional Health Service – <i>Family Resource Centre</i> | 5671 3278 |
| Kilmany Uniting Care – <i>Leongatha & Foster</i> | 5662 5150 |
| Salvation Army Crisis Centre | 1800 627 727 |
| Salvation Army | 1800 221 200 |
| | – <i>Gippscare</i> |
| | – <i>Leongatha</i> |
| | – <i>Wonthaggi</i> |
| St Vincent de Paul | 1300 305 330 |
| | – <i>Welfare Hotline</i> |
| | – <i>Cowes</i> |
| | – <i>Wonthaggi</i> |
| | – <i>Korumburra</i> |
| | – <i>Leongatha</i> |
| South Gippsland Citizens Advice Bureau | 5662 2111 |

Consider also your own family, friends or workplace for support. A crisis often brings out the best in people and draws us together.

Fathers and kids together

| | |
|---|--|
| Australian Camp Connect | www.campconnect.org.au |
| – <i>Camps and activities for all dads with sons or daughters</i> | 9779 6909 |
| Dadslink (YMCA) | www.victoria.ymca.org.au/dadslink |
| – <i>Social activities & support for dads & kids (especially separated)</i> | 9403 5000 |
| Fathering Adventures | www.fatheringadventures.com.au |
| – <i>Father & son outdoor adventures and initiation into manhood</i> | 07 4723 2941 |
| Go For Your Life | www.goforyourlife.vic.gov.au |
| – <i>Places to go, things to do, events calendar for all the family</i> | 1300 739 899 |
| Parents without Partners | www.pwpastralia.net |
| – <i>Regular social activities & support for single parents and children</i> | 1300 797 842 |
| Parentlink (YMCA) | www.victoria.ymca.org.au/parentlink |
| – <i>Social activities & support for single parent families</i> | 9885 0333 |
| Pathways Foundation | www.pathwaysfoundation.com.au |
| – <i>Rites of passage treks for young teens plus father-son weekends</i> | 1300 850 766 |
| SingleParents ActiveKids | www.singleparentsactivekids.org |
| – <i>Weekly activities for custodial and access single parents and kids</i> | 9484 8970 |

See also your LOCAL COUNCIL for local events & programs.

Gambling and addictions

| | |
|--|--------------|
| Professional Help | |
| Anglicare Gippsland | 5662 4561 |
| Andrews Centre – <i>Counselling (including families)</i> | 9700 4944 |
| Gamblers Help – <i>Free, confidential, local</i> | 1800 858 858 |
| Gamblers Anonymous – <i>Group therapy & socials</i> | 9696 6108 |
| Gambling Helpline | 1800 622 118 |
| Living Springs Counselling Centre – <i>Berwick</i> | 9702 6687 |

Many counsellors and psychologists also deal with addictions. Your GP could also refer you to a private practitioners who may be Medicare approved for up to 12 free sessions.

| | |
|---|--|
| Self Help | |
| Common addictions | www.addictionrecoveryguide.org |
| Internet addictions | www.netaddiction.com |
| <i>Issues include online gaming, online gambling, cyberporn, cybersex, chat room, eBay and Facebook</i> | |

General health and wellbeing

| | |
|--|--|
| Bass Coast Community Health Service | 5671 9200 |
| Bass Coast Regional Health Service – <i>Family Resource Centre</i> | 5671 3278 |
| Korumburra Hospital | 5654 2777 |
| Leongatha Hospital | 5667 5555 |
| Wonthaggi Hospital | 5671 3333 |
| Cancer Council – <i>Helpline</i> | 131 120 |
| Dental Health Services Victoria | 1300 360 054 |
| Gay & Lesbian Switchboard | 9663 2939 |
| Aboriginal Health Service – <i>Victoria</i> | 9419 3000 |
| Andrology Australia | www.andrologyaustralia.org.au |
| Foundation 49 | 1300 303 878 |
| Heart Foundation – <i>For heart health information and referrals</i> | www.49.com.au |
| Heart Foundation | 1300 362 787 |
| Men's Health Australia | www.menshealthaustralia.net |
| Mensline – <i>Phone counselling, information and referrals</i> | 1300 789 978 |
| Victorian Aids Council – <i>Information and referral</i> | 1800 134 840 |
| Victoria Online | www.vic.gov.au/health-community |

Legal and financial advice

| | |
|--|-------------------------------|
| Anglicare Gippsland – <i>Financial counselling, info and support</i> | 5662 4561 |
| Bass Coast Regional Health – <i>Family Resource Centre, Wonthaggi</i> – <i>financial counselling for families experiencing hardship</i> | 5671 3278 |
| South Gippsland Citizens Advice Bureau – <i>Legal info & advice</i> | 5662 2111 |
| Centrelink – <i>Family Assistance Office (8am – 8pm)</i> | 13 61 50 |
| Credit Helpline Victoria | 1800 803 800 |
| Consumer Affairs Victoria (Gippsland) | 1300 558 181 |
| Drought Information Line – <i>Info, support, counselling</i> | 136 186 |
| Law Institute of Victoria – <i>Dial-a-Law Know-Your-Rights</i> | 9602 5000 |
| My Budget – <i>Nationwide financial and debt management</i> | 1300 300 922 |
| | www.mybudget.com.au |
| Aboriginal Legal Service – <i>Victorian</i> | 9419 3888 |
| Legal Aid advice line – <i>Multilingual telephone service</i> | 1800 677 402 |
| Your Business Angels | 9898 2559 |
| | www>YourBusinessAngels.com.au |

Child and youth services

| | |
|--|------------------------------|
| Child Support Agency – <i>General enquires</i> | 131 272 |
| Automated Accounts Information Service | 131 107 |
| Interpreting Services | 131 450 |
| Complaints | 132 919 |
| Child Support Legal Services – <i>Legal Aid</i> | 1800 677 402 |
| CSA Online | 1800 637 445 |
| Childhood Foundation – <i>Specialist counselling service</i> | 9874 3922 |
| Kids Helpline | 1800 551 800 |
| Reconnect – <i>Help to work things out at home, full range of services</i> | 9611 2411 |
| Bursting the bubble – <i>Resource for young people about family violence and abuse</i> | www.burstingthebubble.com.au |
| Youth Substance Abuse Service – <i>Dandenong</i> | 9701 3488 |
| HeadSpace – <i>National Youth Mental Health Foundation</i> | www.headspace.org.au |
| <i>Check with your local Council for further information and links</i> | |
| Bass Coast Shire Council | 1300 226 278 |
| South Gippsland Shire Council | 5662 9200 |

Mateship and men's groups

| | |
|--|-----------------------------|
| Bass Coast Community Health Service 'Men on the Move' | 5671 9200 |
| Dads in Distress – <i>Group for separated men</i> | 1300 853 437 |
| Bass Coast Prostate Cancer Support Group | 5671 3353 |
| Victorian Men's Gathering – <i>South Gippsland contacts</i> Doug Stark | 5683 2696 |
| | Wayne Thwaites 0438 635 339 |
| <i>Currently men's groups are operating from Bass, Wonthaggi, Corinella, Mirboo North, Foster & Yarram</i> | |
| Men's Leadership Victoria – <i>Camps etc.</i> mensleadershipvictoria@gmail.com | |
| Local Men's Shed locator | www.mensshed.com.au |
| <i>or contact your local community centre or neighbourhood house</i> | |
| Bass Coast Shire | South Gippsland Shire |
| Bass 5678 2277 | Foster 5682 1101 |
| Corinella 5678 0777 | Korumburra 5655 2524 |
| Cowes 5952 1131 | Leongatha 5662 3962 |
| Inverloch 5674 2444 | |
| Wonthaggi 5672 3731 | |
| <i>Check with your local Council for further information and links</i> | |
| Bass Coast Shire Council | 1300 226 278 |
| South Gippsland Shire Council | 5662 9200 |

Mental-emotional health

| | |
|--|--|
| Lifeline Telephone Counseling | 13 11 14 |
| Beyond Blue – <i>Depression info hotline</i> www.beyondblue.org.au | 1300 224 636 |
| Latrobe Regional Hospital Mental Health Services | |
| Crisis Assessment Team – <i>Psychiatric triage</i> | 1300 363 322 |
| | – <i>Wonthaggi & Leongatha</i> 5128 0100 |
| General Practice Alliance South Gippsland | 5674 3105 |
| GRIEFLINE – <i>Support for grieving adults & kids</i> | 9596 7799 |
| GROW – <i>Groups & resources for those not coping</i> | 1800 558 268 |
| Kilmany Uniting Care – <i>Leongatha</i> | 5662 5150 |
| Latrobe Community Health Service – <i>Korumburra</i> | 1800 059 059 |
| PADA – <i>Panic and Anxiety Disorders Association</i> | 9889 6760 |
| SANE Australia – <i>Helpline & resources</i> | 1800 187 263 |
| SOLACE Association – <i>Local groups for grieving partners</i> | 9590 9209 |
| Multicultural Mental Health Australia | www.mmha.org.au |
| www.depressionet.com.au | www.moodgym.anu.edu.au |
| <i>Your GP could also refer you to a private practitioner who may be Medicare approved for up to 12 free sessions.</i> | |

Parenting – family support

| | |
|--|---|
| Anglicare Gippsland – <i>Parenting skills, education, advocacy</i> | 5662 4561 |
| Bass Coast Regional Health – <i>Family services and family day care</i> | 5671 3278 |
| Berry Street – <i>Child, youth & family services, Head Office</i> | 9429 9266 |
| Connections – <i>Child, youth & family services</i> | 5990 8044 |
| Dads in Distress Support Service | www.dadsindistress.asn.au 1300 853 437 |
| Family Mediation Centres – <i>Multiple locations</i> | 9556 5333 |
| Family Relationships Advice Line – <i>Info, advice and referral</i> | 1800 050 321 |
| Kilmany Uniting Care – <i>Family & child services</i> | 5662 5150 |
| Maternal & Child Health Line | 13 22 29 |
| Parentline – <i>telephone support, strategies & referral advice</i> | 13 22 89 |
| Parentlink – <i>activities & support for single parent families</i> | 9885 0333 |
| Relationships Australia – <i>Courses & counselling, Traralgon</i> | 5175 9500 |
| Stepfamily Association of Victoria | 9481 1500 |
| Windermere CFS – <i>Programs & support workers</i> | 9705 3200 |
| <i>Self-help options: www.raisingchildren.net.au www.cyh.com www.dictionaryfordads.com www.athomedad.com</i> | |

Personal counselling

| | |
|--|--------------|
| Banksia Health Care – <i>Leongatha</i> | 5662 4800 |
| Bass Coast Community Health Service – <i>Cowes & San Remo</i> | 5671 9200 |
| Family Relationships Advice Line | 1800 050 321 |
| Heavy METAL – <i>Private & group counselling</i> | 0401 766 877 |
| Kilmany Uniting Care – <i>Leongatha</i> | 5662 5150 |
| Making Marriage Better – <i>10 week couples course</i> | 9736 2273 |
| Mensline – <i>24/7 telephone free professional counselling</i> | 1300 789 978 |
| Men's Referral Service – <i>Family violence phone counselling</i> | 1800 065 973 |
| Relationships Australia – <i>Courses & counselling, Traralgon</i> | 5175 9500 |
| Turning Point Counselling Centre – <i>Cranbourne</i> | 5996 3048 |
| Veterans and Veterans Family Counselling service (VWCS) | 1800 059 059 |
| <i>Your GP could also refer you to a private practitioner who may be Medicare approved for up to 12 free sessions.</i> | |

Separation and suicide

| | |
|--|-----------------------------------|
| Banksia Health Care – <i>Wonthaggi and Leongatha</i> | 5662 4800 |
| Gippsland Early Intervention Services – <i>Family relationship counselling, skills training, specialist family violence, mens family relationship services</i> | 1300 369 630 |
| Child Support Agency | www.csaonline.gov.au 13 12 72 |
| Dads in Distress – <i>Group for separated men</i> | 1300 853 437 |
| Latrobe Regional Hospital Mental health Service | |
| Crisis Assessment Team (CAT) Gippsland – <i>Bass Coast/South Gippsland</i> | 1300 363 322 |
| Family Law and Child Support | 1300 352 000 |
| Family Mediation Centre Gippsland – <i>Wonthaggi and Leongatha</i> | 5176 0211 |
| Family Relationships Advice Line | 1800 050 321 |
| | www.familyrelationships.gov.au |
| International Social Services – <i>disputes & tracing overseas</i> | 1300 657 843 |
| Mediator locator – <i>Searchable database</i> | http://mediatorlocator.com.au/VIC |
| Mensline – <i>24/7 professional counselling for men & families</i> | 1300 789 978 |
| Parentlink – <i>Activities & support for single parent families</i> | 9885 0333 |
| Relationships Australia – <i>Courses & counselling, Traralgon</i> | 5175 9500 |
| <i>Self-help option: www.familylawwebguide.com.au</i> | |

Websites and info services

| | |
|--|---|
| Australian Camp Connect | www.campconnect.org.au/resources |
| Aust. Directory of Men's Support Services | www.admss.com.au |
| Dads in Distress Inc. | www.dadsindistress.asn.au |
| Dads on the Air (89.3FM 2GLF) | www.dadsontheair.com |
| Fatherhood Foundation/Dads 4 Kids | www.fatheronline.org |
| Fatherhood Institute (UK) | www.fatherhoodinstitute.org |
| Infoxchange | www.serviceseeker.com.au |
| Mensline Australia | www.menslinaus.org.au |
| Mensheds Australia | www.mensheds.com.au |
| National Fatherhood Initiative (USA) | www.fatherhood.org |
| Parentzone | www.anglicarevic.org.au/Parentzone/southern |
| Vicnet – <i>Victoria's Community Info Portal</i> | www.vicnet.net.au |
| Bass Coast Adult Education Centre – <i>Wonthaggi</i> | 5672 3115 |
| Milpara Community Education Centre – <i>Korumburra</i> | 5655 2524 |
| South Gippsland ACE – <i>Leongatha</i> | 5662 6700 |

Helpmate Baw Baw, Latrobe, East Gippsland

Accommodation and housing

| | |
|--|--------------|
| Community Housing Limited – Morwell | 5135 3600 |
| Crisis Accommodation Information | 1800 627 727 |
| Consumer Affairs Victoria | 1300 558 181 |
| Dept of Human Services – Office of Housing | 1300 650 172 |
| Quantum Support Services – Youth | 5133 7723 |
| Homelessness Helpline | 1800 065 892 |
| Quantum Support Services – Warragul | 5622 7000 |
| – Morwell/Sale | 5120 2000 |
| Gippscare Social Housing Services – Warragul | 5622 1522 |
| Central Gippsland Aboriginal Health Services | 5136 5128 |
| Real Estate Institute of Victoria | 9205 6677 |
| Salvation Army Crisis Services | 1800 627 727 |
| Supported Housing Ltd – Supporting disability services | 9859 8833 |
| Tenants Union of Victoria | 1800 068 860 |
| Indigenous Tenants Initiative – Morwell | 5120 2000 |
| – Bairnsdale | 5153 2933 |

Look for ads in your local paper or www.vacancyseeker.org.au

Advocacy and complaints

| | |
|---|--|
| Child Support – Complaints | 132 919 |
| Child Support – Legal Aid | 1800 677 402 |
| Commonwealth Ombudsman – Re Federal Govt services | 1300 362 072 |
| Department of Human Services – Complaints | 1300 884 706 |
| Dispute Settlement Centre Victoria | 1800 658 528 |
| Legal Ombudsman – Re complaints about a solicitor | 9607 9311 |
| Lone Fathers Association | www.lonefathers.com.au |
| Men's Rights Agency | www.mensrights.com.au |
| Social Security Appeals Tribunal (SSAT) | 1800 011 140 |
| Shared Parenting Council of Aust. | www.familylawwebguide.com.au |
| State Ombudsman – Re Victorian Government services | 1800 806 314 |
| Tenants Union of Victoria – Re landlords and agents | 1800 068 860 |
| VCAT – Civil disputes & small claims | 1800 133 055 |

Alcohol and drugs

| | |
|---|--------------|
| Al-Anon Family Groups Aus – Help for affected families | 9620 2166 |
| Alcoholics Anonymous – Group support | 9791 1833 |
| Latrobe Community Health Service – Morwell | 5136 5400 |
| Cannabis Information and Helpline | 1800 304 050 |
| Direct Line – Phone counselling & referral advice | 1800 888 236 |
| Drug and Alcohol Clinical Advisory Service | 1800 812 804 |
| Drug information in other languages | 1800 123 234 |
| Family Drug Helpline – Support, info & advice | 1300 660 068 |
| Narconon – Residential drug rehab and detox centre | 1300 887 688 |
| Narcotics Anonymous – Group support | 1300 652 820 |
| QUIT – Telephone support & strategies to stop smoking | 13 18 48 |
| Youth Substance Abuse Service (YSAS) | 5133 3411 |
| Windana Society – Rehabilitation, support & counselling | 5942 8544 |

Some of the many private practitioners not listed here may be bulk billed with a referral from a GP.

Anger and violence

| | |
|--|--------------|
| Berry Street – Take Two program for child victims of family violence | 5134 5971 |
| Lifeworks – Contact Melbourne Head Office for nearest centre | 9654 7360 |
| Mensline – 24 hr support for men & their families | 1300 789 978 |
| Men's Referral Service – 12noon – 9pm Mon-Fri | 1800 065 973 |
| Men's SHED – Latrobe CHS | 5127 9100 |
| Relationships Australia – Counselling & groups | 5175 9500 |
| Gipps-CASA – For male or female victims of all kinds of abuse | 5134 3922 |
| Victims of Crime Helpline – For male or female victims | 1300 659 419 |
| Victims Support Agency – Windermere CFS | 9705 3200 |

Whether you have been a victim or have perpetrated violence, change can begin when you pick up the phone.

Crisis help and material aid

| | |
|---|--------------|
| Quantum Support Services | 5120 2000 |
| Meerindoo Youth Hostel – Bairnsdale | 5152 2188 |
| Quantum | |
| Salvation Army – Welfare – Sale | 5144 4564 |
| – Morwell | 5133 9366 |
| – Traralgon | 5174 1988 |
| St Vincent de Paul- Welfare – Moe | 5127 3696 |
| – Morwell | 5133 8226 |
| – Sale | 5144 5150 |
| St Vincent de Paul Welfare Hotline | 1300 305 330 |
| Utility Relief Grant Scheme – Assistance to pay utility bills | 1800 658 521 |

Consider also your own family, friends or workplace for support. A crisis often brings out the best in people and draws us together.

Fathers and kids together

| | |
|---|--|
| Australian Camp Connect | www.campconnect.org.au |
| – Camps and activities for all dads with sons or daughters | 9779 6909 |
| Dadslink (YMCA) | www.victoria.ymca.org.au/dadslink |
| – Social activities & support for dads & kids (especially separated) | 9403 5000 |
| Fathering Adventures | www.fatheringadventures.com.au |
| – Father & son outdoor adventures and initiation into manhood | 07 4723 2941 |
| Go For Your Life | www.goforyourlife.vic.gov.au |
| – Places to go, things to do, events calendar for all the family | 1300 739 899 |
| Parents without Partners | www.pwpaustalia.net |
| – Regular social activities & support for single parents and children | 1300 797 842 |
| Parentlink (YMCA) | www.victoria.ymca.org.au/parentlink |
| – Social activities & support for single parent families | 9885 0333 |
| Pathways Foundation | www.pathwaysfoundation.com.au |
| – Rites of passage treks for young teens plus father-son weekends | 1300 850 766 |
| SingleParents ActiveKids | www.singleparentsactivekids.org |
| – Weekly activities for custodial and access single parents and kids | 9484 8970 |

See also your LOCAL COUNCIL for local events & programs.

Gambling and addictions

| | |
|---|--------------|
| Professional Help | |
| Gamblers Help – Free, confidential, local | 1800 242 696 |
| Gamblers Anonymous – Group therapy & socials | 9696 6108 |
| Latrobe Community Health Service – Drug, alcohol & gambling | 1800 242 696 |
| Australian Drug Foundation – Information | 9728 8100 |

Many counsellors and psychologists also deal with addictions. Your GP could also refer you to a private practitioners who may be Medicare approved for up to 12 free sessions.

Self Help

| | |
|---------------------|--|
| Common addictions | www.addictionrecoveryguide.org |
| Internet addictions | www.netaddiction.com |

Issues include online gaming, online gambling, cyberporn, cybersex, chat room, eBay and Facebook

General health and wellbeing

| | |
|--|--|
| Latrobe Community Health Service | 1800 242 696 |
| Latrobe Regional Hospital | 5173 8000 |
| West Gippsland Health Care Group | 5623 0611 |
| Community Dental Services – Moe | 5127 9100 |
| Bairnsdale Hospital | 5150 3333 |
| Dental Health Services Victoria | 1300 360 054 |
| Gay & Lesbian Switchboard | 9663 2939 |
| Kooweerup Regional Health Service | 5997 9679 |
| Evalasting Touch – Massage & Alt Therapies – Morwell | 5134 3822 |
| ABC Health | www.abc.net.au |
| Andrology Australia | www.andrologyaustralia.org.au |
| Better Health Channel | www.betterhealth.vic.gov.au |
| Foundation 49 | www.49.com.au |
| Men's Health Australia | www.menshealthaustralia.net |
| Victoria Online | www.vic.gov.au/health-community |

Legal and financial advice

| | |
|---|--------------|
| Anglicare Victoria Community Legal Service | 5135 9555 |
| Anglicare Victoria Financial Counselling | 5135 9555 |
| Kilmarny Uniting Care | 5144 7777 |
| Centrelink – Drought Assistance Line (8am – 8pm) | 13 2316 |
| Centrelink – Family Assistance Office (8am – 8pm) | 13 6150 |
| Credit Helpline Victoria | 9602 3800 |
| Drought Information Line – Info, support, counselling | 136 186 |
| Family Relationships Advice Line | 1800 050 321 |
| Law Institute of Victoria – Dial-a-Law Know-Your-Rights | 9602 5000 |
| Victorian Aboriginal Legal Service | 9419 3888 |
| Victorian Legal Aid | 1800 677 402 |
| Your Business Angels | 9898 2559 |

www.YourBusinessAngels.com.au

Local attractions

| | |
|--|--------------|
| Morwell Tenpins | 5134 6450 |
| Bairnsdale Archery, Minigolf & Games Park | 5165 8655 |
| Puffs Magical Playhouse – Traralgon | 5176 0021 |
| Powerworks Tour – Morwell | 5135 3415 |
| Traralgon Indoor Aquatic Centre | 5174 6233 |
| Morwell Leisure Centre | 5128 5570 |
| L.V.Golf Driving Range – Morwell | 5134 2745 |
| Noojee Horse Safaris | 5628 9542 |
| Alpine Trout and Fish Farm | 5628 9584 |
| Phoenix Paintball – Rawson | 1300 785 378 |
| Blackball and Basket Minigolf – Lakes Entrance | 5155 4742 |
| Village Midvalley Cinema – Morwell | 5134 3877 |
| National Dollhouse Gallery – Swan Reach | 5156 4436 |
| Walhalla Goldfields/Train Ride | 5165 6250 |

Look for attractions, calendar of events and holiday programs

Mateship and men's groups

| | |
|---|--------------|
| Cornerstone – Mateship, meals & material aid, Dandenong | 9794 5654 |
| Dads in Distress – Group for separated dads, Narre Warren | 1300 853 437 |
| Dadslink – Social activities, support and referral | 9403 5000 |
| Dadventure – Activities for kids | 5127 7270 |
| Doveton Men's Breakfast – Salvos Wednesdays 9am | 9793 3933 |
| Little Acrobats – Gymnastics for US's with Dad at YMCA | 9700 4697 |
| Men's Leadership Victoria – Camps etc. mensleadershipvictoria@gmail.com | |
| Good beginnings – Playgroups and support | 5127 7270 |
| Narre Men's Group – Fridays 10am | 9704 7388 |
| OMNI Groups – Men 50+ statewide – Cranbourne & Berwick | 9655 2106 |
| Papa Bear – Dads with a child who has a disability or delay | 9704 6757 |
| Pit Stop – Men's parenting courses now statewide, City of Casey | 9705 5590 |

Check with the City of Casey Dads Matter team on 9705 5590. Local churches also have activities, courses & support options

Mental-emotional health

| | |
|--|--|
| ARAFEMI – Support for relatives & friends | 1300 550 265 |
| Beyond Blue – Depression info hotline | 1300 224 636 |
| Latrobe Regional Hospital – Anywhere in Gippsland | 1300 363 322 |
| Crisis Assessment & Treatment – Psychiatric triage | 1300 369 012 |
| Lifeline – Gippsland | 5134 8278 |
| GRIEFLINE – Support for grieving adults & kids | 9596 7799 |
| GROW – Groups & resources for those not coping | 1800 558 268 |
| SNAP – Psychiatric Support – Sale/Bairnsdale | 5153 1823 |
| Outdoors Inc – Recreational activities | 9417 2111 |
| PANDA – Panic and Anxiety Disorders Association | 9889 6760 |
| SANE Australia – Helpline & resources | 1800 187 263 |
| SOLACE Association – Local groups for grieving partners | 9590 9209 |
| www.beyondblue.org.au | www.depressionnet.com.au |
| www.headspace.org.au | www.moodgym.anu.edu.au |
| Multicultural Mental Health Aus. | www.mmha.org.au |

Your GP could also refer you to a private practitioner who may be Medicare approved for up to 12 free sessions.

Parenting – family support

| | |
|--|--------------|
| Berry Street – Child, youth & family services, Morwell | 5134 5971 |
| Good Beginnings – Latrobe – Play Groups | 5127 7270 |
| Connections – Child, youth & family services | 5990 8044 |
| GEIS – Mens family relationship counselling | 1300 369 630 |
| Maternal & Child Health – Baw Baw | 1800 068 740 |
| – Latrobe | 1300 367 700 |
| – East Gippsland | 5153 9500 |
| – Wellington | 5143 8800 |
| Parentline – Telephone support, strategies & referral advice | 13 22 89 |
| Parentlink – Activities & support for single parent families | 9885 0333 |
| Parentzone – Anglicare programs for parents | 5133 9998 |
| Pit Stop – Statewide fatherhood course born at City of Casey | 9705 5590 |
| Queen Elizabeth Centre – Support for early parenthood | 5133 9998 |
| Step Family Association of Victoria – Courses & resources | 9639 6611 |
| Child FIRST – East Gippsland | 5152 0052 |
| Child FIRST – Information and referral, Sale | 5144 7777 |
| Child FIRST – Latrobe/Baw Baw | 1800 339 100 |

Self-help options: www.raisingchildren.net.au www.cyh.com
www.dictionaryfordads.com www.athomedad.com

Personal counselling

| | |
|--|--------------|
| Relationships Australia – Traralgon | 5175 9500 |
| West Gippsland Healthcare Group | 5624 3500 |
| Latrobe Community Health Service | 1800 242 696 |
| Centacare Catholic Family Services – Gippsland | 5144 4868 |
| Yarram District Health Service | 5182 0270 |
| Orbost Regional Health Services | 5154 6666 |
| Family Mediation Centre – Traralgon | 1800 639 523 |
| Family Relationships Advice Line – Referral service | 1800 050 321 |
| Gippsland Lakes Community Health Service | 5152 0052 |
| Anglicare Gippsland | 5133 9998 |
| Good Connecting – 6 week couples course | 1300 369 630 |
| Mensline – 24/7 telephone free professional counselling | 1300 789 978 |
| Men's Referral Service – Family violence phone counselling | 1800 065 973 |

Your GP could also refer you to a private practitioner who may be Medicare approved for up to 12 free sessions.

Separation and suicide

| | |
|---|--------------|
| Latrobe Regional Hospital – Psychiatric triage | 1300 363 322 |
| Child Support Agency www.csaonline.gov.au | 13 12 72 |
| Dads in Distress – Group for separated men, Narre South | 1300 853 437 |
| Family Law and Child Support | 1300 352 000 |
| Family Law Courts National Enquiry Centre | 1300 352 000 |
| Family Mediation – Parenting after separation course | 9705 6277 |
| Family Relationships Advice Line | 1800 050 321 |
| Family Relationship Centre | 5174 1055 |
| Federal Magistrates Court – Melbourne & Dandenong | 1300 352 000 |
| 'Getting Over It' – Separation transition services | 5134 3822 |
| International Social Services – Disputes & tracing overseas | 1300 657 843 |
| Mensline – 24/7 professional counselling for men & families | 1300 789 978 |
| MENDS – Courses & tips for separated men www.mends.com.au | 1300 363 361 |
| Parentlink – Activities & support for single parent families | 9885 0333 |
| Relationships Australia – Courses & counselling | 1300 364 277 |
| SuicideLine (VIC) – 24/7 counselling and HOPE | 1300 651 251 |

Self-help option: www.familylawwebguide.com.au

Websites and info services

| | |
|--|--|
| Latrobe City | 1300 367 700 |
| | www.latrobe.vic.gov.au |
| Baw Baw Shire Council | 1800 068 740 |
| | www.bawbaw.vic.gov.au |
| Wellington Shire Council | www.wellington.vic.gov.au |
| Australian Directory of Men's Support Services | www.admss.com.au |
| Dads in Distress Inc. | www.dadsindistress.asn.au |
| Fatherhood Foundation/Dads 4 Kids (AUS) | www.fatheronline.org |
| Fatherhood Institute (UK) | www.fatherhoodinstitute.org |
| Infoxchange | www.serviceseeker.com.au |
| Mensline Australia | www.menslineaus.org.au |
| Mensheds Australia | www.mensheds.com.au |
| National Fatherhood Initiative (USA) | www.fatherhood.org |
| Parentzone – Anglicare | 5133 9998 |
| | www.gippsanglian.org.au |
| Vicnet – Victoria's Community Info Portal | www.vicnet.net.au |