

HELPERS IN THE COMMUNITY (Support Services)

In an emergency call 000

Local Ballarat Services

Grampians Psychiatric Triage (24/7)	1300 661 323	
Pomegranate House (St John of God Mental Health)	03 5320 2260	103 Webster St, Ballarat
Raphael (St John of God Perinatal/Infant Mental Health)	03 5320 2016	105 Webster St, Ballarat
Youth Community Mental Health Services	1300 247 647	701 Norman St, Ballarat
Grampians Health – Adult Mental Health Services	03 5320 4100	Sturt St, Ballarat
Grampians Health - Infant & Child Mental Health	03 5320 3030	111 Ascot St South, Ballarat
Headspace Ballarat	03 5304 4777	28 Camp St, Ballarat
Orange Door	1800 219 819	21 Armstrong St Nth, Ballarat
Berry Street	03 5330 5000	23 Wetlands Drive, Mt Helen
BADAC	03 5331 5344	Armstrong St Nth, Ballarat
Child and Family Services (CAFS)	03 5337 3333	115 Lydiard St Nth, Ballarat
Ballarat Community Health	03 5338 4500	12 Lilburne St, Lucas
Carer Support Service – Grampians Health	03 5333 7104	907 Sturt St, Ballarat
Uniting Ballarat	03 5332 1286	105 Dana St, Ballarat
ACSO (Consumer Intake Assessment Line)	1300 022760	305A Dana St, Ballarat
Victims Assistance Program - CatholicCare	1300 033 818	4-6 Peel St Nth, Ballarat
Relationships Australia Ballarat	03 5337 9222	1025 Sturt St, Ballarat
QHub	1800 542 847	
Updated list of General Practices for Ballarat & District	https://westvicphn.com.au/health-professionals/practice-support/health-directory	

State (including 24-Hour) Services

Suicide Line Victoria	1300 651 251	https://suicideline.org.au/
Poison Information Victoria	13 11 26	https://www.austin.org.au/poisons/
Anxiety Recovery Centre (Mon - Fri 10am - 8.30pm)	03 9830 0566	https://arcvic.org.au
Sexual Assault Crisis Line (Victoria) (5pm – 9am)	1800 806 292	https://www.sacl.com.au/
Victorian Mental Health Services (Metro and Rural Services – maps and contact details)		http://www3.health.vic.gov.au/mentalhealthservices/

National (including 24-Hour) Services

Emergency Service (Police/Ambulance/Fire)	000	
Suicide Call Back Service	1300 659 576	www.suicidecallbackservices.org.au
Lifeline (24-hour Crisis Counselling - phone)	13 11 14	https://www.lifeline.org.au
Lifeline (24-hour Crisis Counselling - text)	0477 13 11 14	https://www.lifeline.org.au
13 YARN (Crisis Counselling for ATSI people)	13 92 76	https://www.13yarn.org.au/
Brother to Brother (Crisis Counselling for ATSI men)	1800 435 799	
Thirrili (After suicide support for ATSI people)	1800 805 801	https://thirrili.com.au
Standby (support after suicide)	1300 727 247	https://standbysupport.com.au/
Nurse-on-call	1300 60 60 24	
Beyond Blue	1300 224 636	https://beyondblue.org.au
MensLine	1300 789 978	https://mensline.org.au
Kids Helpline	1800 551 800	https://kidshelp.com.au
Domestic and Family Violence and Sexual Assault	1800 737 732	https://1800respect.org.au
Gambler's Help Hotline	1800 858 858	https://gamblershelp.com.au
National Alcohol and Other Drug Hotline	1800 250 015	
Headspace (9am – 1am)	1800 650 890	https://headspace.org.au/
QLife (3pm – midnight)	1800 184 527	https://qlife.org.au
SANE (Mon- Fri 10am – 8pm)	1800 187 263	https://sane.org.au
National Debt Helpline (Mon-Fri 9.30am – 4.30pm)	1800 007 007	https://ndh.org.au
Blue Knot Foundation (7 days 9am – 5pm)	1300 657 380	https://blueknot.org.au
Disability Abuse & Neglect Hotline (Mon-Fri 9am-5pm)	1800 880 052	

Websites with Resources

Lifeline Australia	https://lifeline.org.au
SANE Australia	https://sane.org
Orygen	https://orygen.org.au
Mindframe	https://mindframe.org.au
Head to Health	https://headtohealth.gov.au/
Black Dog Institute	https://blackdoginstitute.org.au/
Conversations Matter	https://conversationsmatter.org.au/

Service Finders

Lifeline Service Finder	https://www.lifeline.org.au/get-help/service-finder/
Ask Izzy	https://askizzy.org.au/
Infexchange Service Seeker	https://servicesseeker.com.au