

Community Referral Poster for Youth in Banyule & Nillumbik 2022



Alcohol & Other Drugs

*Banyule Youth Service: On-line Listing - Alcohol & Other Drugs
 Web: www.banyuleyouth.com/alcohol-other-drugs
Direct Line 1800 888 236
 24/7 confidential counselling, information and referral service for anyone in Victoria affected by an alcohol or drug problem. www.directline.org.au
Counselling Online free, confidential and 24 hrs 1300 888 236
Family Drug Helpline 1300 660 068
North & West Metro Alcohol and Drug Service
 Local Intake and Assessment 1800 700 514
 Mon – Fri 9am to 3pm intake@nwmetroaod.org.au
YouthProjectsYNOT 9304 9100
 Provide outreach drug and alcohol treatment for young people 12 and 25 in the city of Yarra, Banyule, Darebin, Moreland, Hume, Whittlesea and Nillumbik
UnitingCare ReGen 9386 2876
 The alcohol and other drugs (AOD) treatment and education agency of UnitingCare
Youth Support & Advocacy Service (YSAS) 1800 458 685
Banyule Drug & Alcohol Service 9450 2000

CALD / Multicultural

Translating and Interpreter Service (TIS) 131 450
Centre for Multicultural Youth (CMY) 9340 3700
Spectrum Migrant Resource Centre, Preston 9496 0200
VICSEG
 Coburg 9383 2533
 Epping 8401 6700
Foundation House 9388 0022
Intouch Multicultural Centre Against Family Violence 9413 6500
Asylum Seeker Resource Centre Brunswick 9384 8333
Refugee & Immigration Legal Centre 9413 0101

Carers Support

Carer Gateway 1800 422 737
Carers Victoria 1800 514 845
Little Dreamers 1800 717 515

Child Protection

Child First intake (North East Metro) 1800 319 355
DHHS Child Protection
 North Division Intake 1300 664 977
 After hours 13 12 78

Community Agencies

Anglicare Victoria
 Lalor 9465 0322
 Provides family support (including children), Family Violence group work
 Preston 8470 9999
 Family & youth support, counselling, Northern foster care, Home help, Parenting skills, Adolescent community placement
Berry Street Victoria (Heidelberg) 9450 4700
 Family & youth services, family violence support and counselling programs
Kids First, Heidelberg 9450 0900
healthAbility 9430 9100
 Youth & family counselling, Reconnect and SFYS program.
Kildonan UnitingCare 8401 0100
 Family and youth support services & programs, Financial Counselling Youth mentoring and Reconnect
Open House Christian Involvement Centres 9450 7600
 Tackling social isolation through programs and activities for all ages
Relationships Australia Victoria / Family Relationships Centre
 Greensborough 9404 7800
St Vincent de Paul Society 8405 3360
 Welfare Hotline 1300 305 330
 Mon to Fri 10am - 3pm
The Brotherhood of St Lawrence
 Head Office 9483 1183
The Salvation Army Crossroads
 Head Office 9353 1011
 Outreach support program, individual case management, youth support, advocacy and referral support
The Smith Family 1300 326 459

Counselling

Carers Counselling (Carers Victoria) 1800 242 636
 Explore ways of coping better with the responsibilities of caring
Case Management (Berry Street)
 For young people who fit the criteria of 'high risk adolescents' - often are identified as displaying or experiencing risk taking or difficult to manage behaviours.
EMPHN Support Connect (formerly Mental Health Referral and Access Team) 9800 1071
Head to Health intake 1800 595 212
 Free service for any ages who are experiencing distress or mental ill health, related to COVID-19.
Headspace (National Office) 9027 0100
 Greensborough 9433 7200
 Collingwood 9417 0150
 Glenroy 9304 1011
healthAbility 9430 9100
 Youth counselling
 Reconnect – at risk of homelessness
La Trobe Psychology Clinic – Bundoora Campus 9479 2150
Relationships Australia Victoria / Family Relationships Centre
 Greensborough 9404 7800
 One hour counselling sessions are run by supervised probationary psychologists.
RMIT Psychology Clinic 9925 7603
 offers affordable, high-quality psychological services for children, adolescents
Stepped Care mental health services - EMPHN 98001071
 For LIFT, Steps Inner East or Outer East for people of all ages experiencing a range of mental health issues.

Dental

Banyule Community Health Service - Youth Dental Program 9450 2000
 Students in secondary school (years 9, 10, 11, 12) or Adolescents aged 14-18 who have left formal schooling - Free for Health Care / Pension Card holders
Child Dental Benefits Schedule
 Financial support for basic dental services for children aged between 2 and 17 years on any one day of the calendar year. Family must receiving certain government benefits such as Family Tax Benefit Part A for at least part of the calendar year
Healthy Bite Dental (healthAbility) – Dental Health for Youth 9430 3100
 Available to all young people enrolled in secondary school years 7-12 and young people aged up to 18 years not attending school who are dependents of Concession Card Holders or in residential care provided by the Office for Children.
Royal Dental Hospital of Melbourne and public dental teaching clinics
 Call between 8.30am–4.30pm 9341 1000
 General dental treatment is provided by dental students under supervision for Children under the age of 13 Teenagers under the age of 18 who hold, or whose parents hold, a health care or pensioner concession card can also get free general dental treatment

Disability / Carers Support

*Banyule Youth Service: On-line Listing - Disability Services for Young People
 Web: www.banyuleyouth.com/disability-services-young-people
Department of Education – Students with A Disability
 Web link: www.education.gov.au/students-disability
DHS Disability Services 1300 664 977
Intake and Response Service 1800 783 783
 This service provides information about supports and services for people with disabilities, their families and carers in their local area.
Disability Discrimination Legal Service
 TTY 9602 4135 9654 8644
healthAbility NDIS Support Coordination 9430 9100
Link Community Transport 9353 8600
 delivery of services for older people, people with disabilities and their carers
1300 LINK CT - 1300 5465 28
City of Banyule (main switch) 9457 9940
 Community and Social Planning Team 9490 4222
MetroAccess Officer 9457 9940
Shire of Nillumbik (main switch) 9433 3371
MetroAccess Officer 9433 3355
Wheelchair Accessible Taxi 9277 3877
Office of the Public Advocate 1300 309 337
Young Carers 1800 242 636
Youth Disability Advocacy Service 9267 3755
Victorian Disability Services Commissioner 1800 677 342 (free call) or 1300 728 187

AUTISM SPECTRUM:
Autism Victoria (AMAZE) 9657 1600
 Information Line 1300 308 699
ICAN Network
 mentor young people on the Autism Spectrum
 On-line only: www.icannetwork.com.au/contact
Royal Children's Hospital - Centre for Community Child Health 9345 6150
Association for Children with a Disability 9818 2000
La Trobe University Communication Clinic 9479 1921
Autism Spectrum Australia (Aspect Victoria) 1800 277 328 / 9377 6600
 Early invention, educational outreach, training, workshops and specialist therapy
Asperger's Victoria (Support groups) 9377 6600

Driver Education

L2P Driver Education Program
 A learner drivers education program for young people aged between 16 and 20 years, who hold a current Victorian Learner's Permit are financially disadvantaged, strongly affiliated with the Local Government area and are also unable to access a suitable supervising driver or vehicle to gain their driving experience
L2P Program- Banyule 9431 8000
L2P Program- Nillumbik 9433 3329

Education Support

Navigator Program (Jesuit Social Services) 9387 1233
 Supports disengaged 12-17yr old to reengage in education/training
Banyule Nillumbik LLEN 9431 8000
 Brokers sustainable mutually beneficial partnerships that improve education and transition outcomes for young people. Also produce a range of useful resources.
Banyule and Nillumbik School Focused Youth Services 9430 9137

*Banyule Youth Service: On-line Listing - Employment, Alternative Education & Training
 Web: www.banyuleyouth.com/employment-alternative-education-training
Diamond Valley Learning Centre (Youth Programs)
 VCAL and re-engagement programs 9435 9060
LEARN LOCAL:
Alwood Neighbourhood House
 Hurstbridge 9718 2717
Contact Community Centre
 Bundoora 9467 6305
Diamond Valley Learning Centre (DVLC)
 Greensborough 9435 9060
Greenhills Neighbourhood Centre
 Greensborough 9435 9287
Living and Learning Nillumbik
 Eltham 9433 3744
 Diamond Creek 9433 3766
 Ivanhoe 9497 2014
 Pantan Hills 9433 3799
Olympic Adult Education
 Heidelberg West 9450 2665
Rosanna Fire Station Community House
 Rosanna 9458 1935
Watsonia Neighbourhood House
 Watsonia 9434 6717
Melbourne Polytechnic 9269 1200
 VCAL, Pre-apprenticeships, Certificate Courses. settings

Education Support Continued

FINANCIAL SUPPORT
Department of Human Services / Centrelink: 132 490
 Web: www.humanservices.gov.au
JOBSEEKERS & STUDENTS, TRAINEES AND APPRENTICES
Youth Allowance: Financial help if you're 24 or younger and a student or Australian Apprentice, or 21 or younger and looking for work. 132 490
Newstart Allowance: (22yrs and over income support payment while you're unemployed and looking for work 132 850
Health Care Card
Low Income Health Care Card
Camps, Sports and Excursions Fund (CSEF)
 The Fund (CSEF) provides payments for eligible students to attend school camps, sports and excursions.
 Web: www.education.vic.gov.au/about/programs/Pages/csef.aspx
Kids Under Cover Scholarships Freecall 9429 7444
 Scholarships for young people aged 15 – 25 years old, studying or undertaking training in the next year and living in a Kids Under Cover studio or in the main house where a studio is located
Reconnect (PRACE) 0457 892 893
 Connecting eligible clients to training and education pathways. Addressing barriers to learning
School Focused Youth Services Coordinator 0427 423 034
 Coordinates student focused/capacity building interventions in schools to prevent disengagement (healthAbility)
State Schools' Relief 9575 7900
 Uniform support, only requests from principals, assistant principals and welfare coordinators. Talk to your school
Student Scholarships Program 9429 7444
 To help young people living in public housing and community housing or at risk of homelessness to get the support they need to stay in school and achieve their full potential.
SWL Portal Local Structured Workplace Learning placements and School Based Apprenticeships and Traineeships.
 Web: www.workplacements.education.vic.gov.au
TAFE and Training Line 13 18 23
 or visit www.tafe.vic.gov.au
 TAFEs may offer concessions on enrolment fees for cardholders and their dependent spouses.

Emergency Accommodation & Housing

*Askizzy - on-line Directory of Homeless Help www.askizzy.org.au
 Web: www.banyuleyouth.com/housing-emergency-accommodation
Berry Street - Transitional Youth Support Service 9450 4700
 Early intervention and prevention for young people who are at risk of homelessness in the North aged 16-25
Consumer Affairs Victoria 1300 55 81 81
 Advice about tenancy matters such as eviction, excessive rent and repairs.
 Face-to-face assistance by appointment only
Crisis Accommodation Info Line 1800 825 955
 Provides a variety of support to young people 15-21 who are homeless or risk of homelessness. (10am to midnight 7 days)
Family Access Network (Box Hill) 9890 2673
 Transitional Housing; Offering housing and support for young people aged 15-25.
 Private Rental Brokerage Program; Supports single young people and single parents to secure and maintain private rental housing
 Plus 'Alsorts'; a transitional response for Same Sex Attracted Transgender Intersex (SSATI) young people
Foyer Plus 8486 2111
 Long term supported housing along with services for education, training, or employment and casework support to young people aged 16–25; building independence, as well as social and life skills.
 Requires a referral or Initial Assessment and Planning (IAP) from an access point including: Melbourne Youth Support Service (MYSS) 9614 3688
Frontyard 9611 2411
 Out of hours 1800 627 727
 Statewide drop in, telephone information and referral service for young people at risk of homelessness.
Haven Home Safe 9479 0700
Merri Outreach Support Service 9482 3488
 The service assists men, women and children experiencing homelessness or at risk of homelessness to assist them to overcome their personal issues and barriers to social, emotional and financial independence
Office of Housing 1300 650 172
Spectrum Migrant Resource Centre 9496 0200
 Housing advice for newly arrived and established migrants
Statewide Youth Access Point 9614 3688
Reconnect, (healthAbility) 9430 9100
 Support for young person from Banyule and Nillumbik at risk of becoming homeless

Employment

Jobs Victoria -Banyule Council 9049 3361
Digital Work and Study Service (Headspace National) 1800 810 794
 Free confidential support from digital work and study specialists
Fair Work Info Line 13 13 94
Fair Work Ombudsman Web: www.fairwork.gov.au
Jobs Victoria Employment Network (JVEN)
 Helps disadvantaged jobseekers gain employment
Job Watch - Melbourne 9662 1933
Skills and Jobs Centre 92698400
 Melbourne Polytechnic, Northland Shopping Centre, provide expert advice on training and employment opportunities
Transition to Work
 Intensive pre-employment support for 15 -21 years
 Salvation Army Employment Plus, Briar Hill 136 123
 HYPA – Helping Young People Achieve, Heidelberg 945 53910

Emergency Relief / Material Aid

Banyule Community Health Service
 Emergency Relief Service 9450 2000
Banyule Support & Information Centre (BANSIC)
 Emergency Relief Service (healthAbility) 9459 5959
 Emergency Financial Relief (Diamond Valley Community Support) 9430 9100
 Emergency Relief Service (St Vincent De Paul) 9435 8282
 1300 305 330

Banyule Youth Service: On-Listing - Emergency Info
 Web: www.banyuleyouth.com/emergency-info

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Financial Services

***Banyule Youth Service:** On-line Listing - *Financial Supports*
Web: www.banyuleyouth.com/financial-supports

Concessions information line 1800 658 521
Department of Human Services / Centrelink: 132 490
Web: www.humanservices.gov.au

Family Assistance Office 136 150
Diamond Valley Community Support

Financial Counselling 9435 8282 or 9435 5440
Financial Ombudsman Service 1300 780 808
Resolution of banking issues that cannot be resolved with your bank.

Gambler's Help North and North Western 1300 133 445
Money Help 1800 007 007
Phone advice and counselling on financial issues such as debt, credit card, loan payments

North Eastern Financial Counselling Program 1800 685 682
St Kilda Mums email: request@stkildamums.org
New and pre-loved baby goods to families in need

Utility Relief Grant Scheme
The Grant is available to eligible cardholders who are unable to pay their mains electricity, gas or water bill due to a temporary financial crisis.
for details call *Concessions information Line* 1800 658 521

Family Violence

If you are in immediate danger call 000
1800 RESPECT 1800 737 732
The national sexual assault, domestic and family violence counselling service. 24/7 phone and online services.

Orange Door Orange Door is a free service for adults, children and young people who are experiencing or have experienced family violence - Heidelberg 1800 319 355

Aboriginal Family Violence Prevention & Legal Service 1800 105 303
Domestic Violence Resource Centre 9486 9866
Supporting workers and families to help stop family violence

In Touch Multicultural Centre Against Family Violence 9413 6500
Toll Free 1800 755 988

Services, programs and responses to issues of family violence in Culturally and Linguistically Diverse communities. Regional Post Care Support, Information and Referral Services

Matters Program (Berry Street) 9450 4700
Families experiencing conflict or relationships in need of strengthening, Group work available - Berry Street)

Men's Referral Service 1800 065 973
Takes calls from Australian men dealing with family and domestic violence matters.

Northern Family & Domestic Violence Service (Berry Street) 9450 4700
Safe Steps Family Violence Response Centre 1800 015 188
24hr State-wide confidential support and information for women and children living with family violence or to anyone who knows a person living with family violence.

TARA- Teenage Aggression Responding Assertively program (Berry Street) 9450 4700
Victim Assistance & Counselling Program - (Merri Health) 9480 6166
Victims of Crime Help Line 1800 819 817
8am -11pm, 7 days a week Text: 0427 767 891

Women's Domestic Violence Crisis Service (24 hours) 1800 015 188
Women's Health in the North (WHIN) 9484 1666
offer a range of programs, training and community services as well as research and advocacy

Women's Support Line : (WIRE) 1300 134 130

Gambling Problems

Gambler's Help Northern (Greensborough) 9433 5111
Gambler's Help Northern (Heidelberg West) 1300 133 445

LGBTQI+ Youth Support

Alsorts (Box Hill) 9890 2673
A transitional response for Same Sex Attracted Transgender Intersex (SSATI) young people. Delivered via the *Family Access Network*

Banyule Youth Services 9457 9855
Providing a range of programs, events, support and referral for GLBTQI+ young people aged 14 – 24 years as well as their friends, families and allies.

Banyule Youth Service: On-line Listing - *Same Sex Attracted and Transgender GLBTQI*
Web: www.banyuleyouth.com/lgbtiq-services

Better Health Channel The website has a section specifically identifying mental health and wellbeing support for LGBTI people
Web: www.betterhealth.vic.gov.au/servicesandsupport/lgbti-services

Gay and Lesbian Health Victoria 9479 8760
Is a lesbian, gay, bisexual, transgender and intersex (LGBTI) health and wellbeing policy and resource unit.

Gay and Lesbian Switch 1800 184 527
3:00pm to 12 midnight seven days a week Web chat: www qlife.org.au

Minus 18 9660 3910
Social events, groups and support for under 18s

PFLAG (Aus) email: contactus@pflag.org.au
Parents and Friends of Lesbians and Gays

Queerspace (Drummond Street) 9663 6733
a safe and supportive space to obtain information and access services aimed at improving the health and wellbeing

Rainbow Network 9479 8735
Youth social support programs in Victoria

The Action Centre (Family Planning Victoria) 9654 4766
Provides sexual and reproductive health services for people under 25.

Transcend Web: www.transcendsupport.com.au
Supporting Transgender Children and their Families

Thorne Harbour Health / Gay Men's Health Centre 9826 2700
Sexual health promotion, counselling.

Victorian Gay and Lesbian Rights Lobby 0417 484 438
Y-GLAM 9355 9920
Coburg: A performing arts project for same sex attracted and transgender young people aged between 14 and 25. Participants...

Grants

Youth Foundation 9450 2620
Regular funding for young people from **West Heidelberg** to make positive change in their community

Health Services

Austin Repat Hospital 9496 5000
Banyule Community Health

Greensborough 9433 5111
West Heidelberg 9450 2000

Health Services Continued

***Banyule Youth Service:** On-line Listing - *Sexual Health, Wellbeing and Relationships*
Web: www.banyuleyouth.com/sexual-health-wellbeing-and-relationships

Centre for Adolescent Health 9345 5890
healthAbility 9430 9100

Community Health Services provide a wide range of Health Services and are a point of referral to many other services.

Community Nurse Occupational Therapy
Counselling Physiotherapy
Dietetics for children Podiatry
Exercise Physiology Speech Pathology

FIND A SPECIALIST:

Audiologist: **Independent Audiologists of Australia** website contains a search facility by location refer to:
Web: www.independentaudiologists.net.au/find-independent-audiologist

Educational Psychologists: The Australian Psychological Society (APS)
Search Facility: Web: www.psychology.org.au/Find-a-Psychologist

Occupational Therapists: Find a Specialist via **Occupational Therapy Australia**
Web: www.otaus.com.au/find-an-occupational-therapist

Speech Pathologists:

Find a Specialist via **Speech Pathology Australia** 9642 4899
Nurse-On-Call 1300 60 60 24
A phone service that provides immediate, health advice and information from a registered nurse, 24 hours a day, 7 days a week.

Kids Health Info Fact Sheets (Royal Children's Hospital)

Web: www.rch.org.au/kidsinfo
Fact sheets have been developed for parents and adolescents.

TEACHING CLINICS

Service are available at a very chap rate by final year students under supervision

Chinese medicine: RMIT Chinese Medicine Teaching Clinic
Bundoora 9925 7666

Chiropractor: RMIT Chiropractic Teaching Clinics 9925 7666
Bundoora

Communication Clinic: La Trobe University 9479 1921
Myotherapy: RMIT Myotherapy Teaching Clinic 9925 4932
Carlton

Osteopathy: RMIT Osteopathy Teaching Clinic 9925 7666
Podiatry: La Trobe University Podiatry Clinic 9479 5831
Bundoora

Indigenous Services

Djira (Aboriginal Family Violence Prevention & Legal Service) 1800 105 303
9244 3333
9480 7777

Aborigines Advancement League
Northern Metro residents only

Banyule Youth Service: Online Listing - Aboriginal & Torres Strait Islander Services
Web: www.banyuleyouth.com/aboriginal-torres-strait-islander-services

Bert Williams Aboriginal Youth Service 9484 5310
Centrelink Indigenous Call Centre 1800 136 380
Nillumbik Reconciliation Group 9433 3111
Victorian Aboriginal Child Care Agency (VACCA) 9480 7300
Preston

Victorian Aboriginal Health Services

Fitzroy 9419 3000
Preston 9403 3300
Thornbury 8459 3800

Victorian Aboriginal Legal Service Co-operative 1800 064 865
Preston 9419 3888

Legal Issues

Banyule Youth Service: On-line Listing - *Legal Assistance*
Web: www.banyuleyouth.com/your-rights-legal-information

Disability Discrimination Legal Service TTY 9602 4135
9654 8644

Court Network 1800 681 614
Mental Health Legal Centre Inc. 9629 4422
Office of the Public Advocate (Disability rights) 1300 309 337
Victorian Aboriginal Legal Service Co-Operative 1800 064 865
Preston 9419 3888

Victorian Police Stations

Diamond Creek 9438 8300
Eltham 9435 1044
Greensborough (24hrs) 8432 0200
Heidelberg (24hrs) 9450 8000

West Heidelberg Community Legal Service 9450 2002
free legal services to Banyule residents holders of a Health Care or Pension Card

Youthlaw 9611 2412

Local Government

City of Banyule 9490 4222
Youth Services 9457 9855
JETS 9098 8000

Nillumbik Shire Council 9433 3111
Youth Services 9433 3111

Mental Health

Anxiety Disorders Association of Victoria Inc. (ADAVIC) 9853 8089
10.30am to 4.00pm Wednesday to Friday

Banyule Community Health - Generalist Counselling Program 9450 2000

Provides a range of services for individuals, couples, children and families affected by common mental health problems

Banyule Youth Service: On-line Listing - *Mental Health*
Web: www.banyuleyouth.com/mental-health

Better Health Channel The website has a section specifically identifying mental health and wellbeing support for LGBTI people
Web: www.betterhealth.vic.gov.au/servicesandsupport/lgbti-services

CYMHS - Austin Child and Youth Mental Health Service 9496 3620
Carer Advisory Line 1800 242 636
weekdays 8.30am to 5pm

cohealth – Youth Residential Rehabilitation Program for 16-25 year olds experiencing mental health issues 1300 785 358

Connections Cafe 9430 9100
An opportunity for participants to connect with others, share experiences and gain support from other group participants.

Mental Health Continued

Eating Disorders Victoria 1300 550 236
HeadSpace (National Office) 9027 0100
Greensborough 9433 7200
Collingwood 9417 0150
Glenroy 9304 1011

Eating Disorders Victoria

Web: www.headspace.org.au/headspace

Find a Psychologist Web: www.psychology.org.au/FindAPsychologist
The Australian Psychological Society (APS) has a search facility where by you can identify the psychologist with the appropriate expertise

Find a Mental Health Service

- Via Neami web site
Web: www.neaminational.org.au/find-services

La Trobe Psychology Clinic – Bundoora Campus

9479 2150
Counselling provided by psychologists in their final year of study.

LIFT

Provides free expert support from mental health nurses, psychologists and counsellors, care coordinators, and peer workers. Face-to-face or via Telehealth. Self-referrals accepted

Banyule Community Health (Banyule or Whittlesea) 9450 2005
healthAbility (Nillumbik) 9430 9160

Nexus Primary Health (Wallan or Kinglake) 1300 773 352
EMPHN Referral & Access 9800 1071

Mental Health Legal Centre Inc.

Mind 1300 286 463
Heidelberg 9455 7000

Provide services to people aged 16 years and over whose ability to manage their daily activities and to live in the community is impacted by mental health issues.

Mood gym Learn cognitive behaviour therapy skills for preventing and coping with depression
Web: www.moodgym.anu

NEAMI National Web: www.neaminational.org.au

North Eastern Crisis Assessment Team (CAT)

1300 859 789
AH 1300 859 789 (North East CAT) or (03) 9496 5000 (Austin Hospital)

Austin Hospital provides a mobile, responsive and accessible assessment service and intensive community based treatment to consumers experiencing a serious psychiatric illness in acute crisis.

North East Area Mental Health Service (NEAMHS)

1300 859 789
Provides Triage Service and general adult psychiatric services to consumers over 16 years of age and residing in the north-eastern area of metropolitan

RMIT Psychology Clinic

9925 7603
Offers affordable, high-quality psychological services for children, adolescents

Wellways Australia Limited (Fairfield) 8486 4200
Helpline 9am to 5pm, Monday to Friday 8486 4222

Youth Engagement & Treatment Team Initiative (YETTI)

YETTI an intensive short-term service that responds to young people 12 to 25, and their families or carers. Referral; via **HeadSpace** 9433 7200

Parenting Programs

Berry Street Victoria Heidelberg 9450 4700

Banyule Youth Service: on-line Listing - *Assistance for Parents and Families*
Web: www.banyuleyouth.com/assistance-parents-and-families

healthAbility 9430 9100
MATTERS (Berry Street) 9450 4700

Families experiencing conflict or relationships in need of strengthening. Children, young people and their families meet together to work through issues in a safe and friendly environment.

Northern Parentzone (Anglicare) 8470 9999
Parentline 1300 30 1300

Teenage Aggression Responding Assertively (TARA) 9450 4700

A support group for parents of adolescents who behave violently at home.

ReachOut Parents Coaching
A free one-on-one coaching program to help parents support their teenagers 12–18 years through issues and tough times. Requires access to a phone and computer.
Web: <https://parents.au.reachout.com/coaching-eligibility>

Tuning Into Teens (healthAbility) 9430 9100
A six week program for parents and carers of adolescents aged 10-18 years, teaches emotionally intelligent parenting, and how to help teenagers develop emotional intelligence.

Tuning Into Kids (healthAbility) 9430 9100
Helps parents of younger children to develop emotionally intelligent parenting skills

Parenting Research Centre 8660 3500

Pregnancy Support

Family Planning Victoria Action Centre 9660 4700
Advice line 1800 013 952

Sexual and reproductive health services for people under 25

Council of Single Mothers and their Children 9654 0622
Advice Line Mon to Thurs 9.30am to 3.00pm

Young Women's Health Program (Royal Women's Hospital) 8345 3045

Police (Youth Resource Officers)

For Banyule and Nillumbik 9438 8300
YROs based at Diamond Creek Police Station

Phone Counselling

Kids Help Line 1800 551 800
Life Line 13 11 14

Suicide Line 1300 651 251
Grief Line 9935 7400

Men's Line 1300 789 978
WIRE - Women's Support Line 1300 134 130

Referral Services

Banyule Support and Information Centre 9459 5959
Diamond Valley Community Support 9435 8282

Sexual Assault

Northern Centre Against Sexual Assault (Northern CASA) 9496 2369
Sexual Assault Crisis Line 1800 806 292

Sexual Offences & Child Abuse Investigation Teams (SOCITS - Victoria Police)

Box Hill 8892 3292
Mernda 9216 1310

Trauma

Australian Childhood Foundation (Children) 9874 3922
Berry Street Victoria (Family & Children) 9450 4700

Foundation House Refuge victims of trauma and torture 9388 0022