

HELP MATE!



Quick-find directory for men and boys
in the greater GEELONG region



'Looking out for your mates' is a quality Australians can be proud of. This handy tool could get you or a mate through some tough times by getting connected to the help that is out there. Keep it with you at all times and call us to get some to hand around.

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

Original concept by Dads in Distress Inc.

Supported by Barwon Health, Karingal and Walking Home.

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

Corrections and suggestions: Contact Peter Kelly at peter.kelly@barwonhealth.org.au

>>> Colour coding: Numbers in RED: *Extended hours service* BLUE: *Local service*

About **HELP MATE!**

Barwon CASA – <i>Counselling for people experiencing family violence</i>	1800 806 292
Bethany Community Support – <i>Men's counselling</i>	5278 8122
CatholicCare – <i>Family and relationship counselling</i>	5221 7055
Compassionate Friends – <i>Grieving the loss of a child</i>	1800 641 091
Family Relationships Advice Line	1800 050 321
Family Relationships Centre Geelong – <i>Referral and support</i>	1300 656 043
Geelong Men's Counselling Service – <i>Men's counselling service</i>	0419 187 475
Lifeworks Relationship Counselling and Education Services	5222 3172
Mensline – <i>24/7 telephone free professional counselling</i>	1300 789 978
Men's Referral Service – <i>Family violence phone counselling</i>	1300 766 491
SIDS and Kids Bereavement Support Services – <i>Sudden Infant Death Syndrome</i>	1300 308 307
Wesley Centre For Life Enrichment – <i>Counselling services</i>	5222 4101

Your GP could also refer you to a psychologist or counsellor who may be Medicare approved for up to 10 free sessions. Check www.serviceseeker.com.au for local counselling options

Family Relationships Advice Line and Centres	1800 050 321
Family Relationship Centre Geelong – <i>Support, mediation and programs for families</i>	1300 656 043
Child Support Agency www.csaonline.gov.au	13 12 72
Dads in Distress – <i>Support groups and referrals for dads</i>	1300 853 437
Family Law Court of Australia – <i>Child support help</i>	1300 352 000
Family Law Courts National Enquiry Centre	1300 352 000
Federal Magistrates Court – Melbourne	1300 352 000
Lone Fathers Association of Australia	02 6239 4650
MENDS – <i>Courses and tips for separated men</i> www.mends.com.au	1300 363 361
Mensline – <i>24/7 professional counselling for men and families</i>	1300 789 978
Parentlink – <i>Activities and support for single parent families</i>	13 34 27
Relationships Australia – <i>Courses and counselling</i>	1300 364 277
Salvation Army Tracing Service – <i>Reuniting families</i>	03 8878 4795
International Social Services – <i>Child tracing service, counselling, mediation and advice for parents with children overseas or at risk of being removed from Australia against their will</i>	1300 657 843
Self-help option	www.familylawwebguide.com.au

For immediate suicide intervention call the POLICE

000

beyondblue – *Depression info hotline*

1300 224 636

Dads in Distress – *Support, information and referral*

1300 853 437

Lifeline – *24/7 counselling for men and families*

13 11 14

Mensline – *24/7 professional counselling for men and families*

1300 789 978

Mental Health Assessment and Triage

1300 094 187

Post-Suicide Support Group

4215 3358

SuicideLine (VIC) – *24/7 counselling and HOPE*

1300 651 251

Suicide Call-back Service – *24/7 telephone support*

1300 659 467

Self-help option

www.suiceline.org.au/Helping-yourself.html

Child Support Agency – <i>Community services directory</i>	www.csaonline.gov.au
Commonwealth Carelink Services – <i>Local services database</i>	1800 052 222
Dads in Distress Inc.	www.dadsindistress.asn.au
Dads on the Air (89.3FM 2GLF)	www.dadsontheair.com.au
Family Relationships Online	www.familyrelationships.gov.au
Dads 4 Kids (AUS)	www.fatherhood.org.au
Fatherhood Insititute (UK)	www.fatherhoodinstitute.org
Infoxchange	www.serviceseeker.com.au
Mensline Australia	www.mensline.org.au
Mensheds Australia	www.mensheds.org.au
Men's Referral Service	www.mrs.org.au
National Fatherhood Initiative (USA)	www.fatherhood.org
Vicnet – <i>Victoria's Community Information Portal</i>	www.vicnet.net.au

Hearing impaired

Victorian Deaf Society – info@vicdeaf.com.au
www.vicdeaf.com.au

5221 2602
 TTY: 5222 4403

Indigenous support

Centrelink Indigenous Call Centre

1800 136 380

Migrant help

Diversitat Settlement Services

5260 6000

Multicultural Aged Care Services (*MACS Complete Care*)

5279 6800

Translation and Interpreting Service

131 450

Veterans

Department of Veterans Affairs

1800 011 046

Veterans Access Network

5221 8963

Veterans and Veterans Families Counselling Service

1800 011 046

Seniors

Seniors Online Victoria – *Seniors' information* www.seniorsonline.vic.gov.au

Volunteering

SES – *State Emergency Service*

1300 842 737

CFA – *Country Fire Authority*

1800 232 636

Karingal – *Supporting people with disabilities*

5222 2323

Men's Shed Victoria – *Share your skills with men and boys*

1300 550 009

Dads in Distress – *Get trained to open and run a support group*

1300 853 437

Volunteering Geelong – *Connecting volunteers*

5221 1377

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.



7

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.

Braveheart (1995 Mel Gibson)

The Bucket List (2007 Jack Nicholson, Morgan Freeman)

The Castle (1997 Michael Caton, 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

- 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

2014 Victorian school terms

January						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April						
S	M	T	W	Th	F	Sa
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May						
S	M	T	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Term 1: 28 January to 4 April

Term 2: 22 April to 27 June

Term 3: 14 July to 19 September

Term 4: 6 October to 19 December

2015 Victorian school terms

January							February							March						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
							1	2	3	4	5	6	7	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28
25	26	27	28	29	30	31								29	30	31				

April							May							June						
S	M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
														1	2	3	4	5	6	7
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
26	27	28	29	30			24	25	26	27	28	29	30	28	29	30				
							31													

July							August							September						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
														1	2	3	4	5	6	7
5	6	7	8	9	10	11	2	3	4	5	6	7	8	6	7	8	9	10	11	12
12	13	14	15	16	17	18	9	10	11	12	13	14	15	13	14	15	16	17	18	19
19	20	21	22	23	24	25	16	17	18	19	20	21	22	20	21	22	23	24	25	26
26	27	28	29	30	31		23	24	25	26	27	28	29	27	28	29	30			
							30	31												

October							November							December						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
							1	2	3	4	5	6	7	6	7	8	9	10	11	12
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
25	26	27	28	29	30	31	29	30						27	28	29	30	31		

- Term 1: 28 January to 27 March
- Term 2: 13 April to 26 June
- Term 3: 13 July to 18 September
- Term 4: 5 October to 18 December

POLICE, FIRE, AMBULANCE

Dept of Human Services – *Child protection*

Energy Safe Victoria

Kids Helpline

Lifeline

Maternal and Child Health Line

Mensline

Nurse on Call

Parentline

Poisons Information Centre

State Emergency Service – *Flood or storm assistance*

SuicideLine (VIC)

Bushfire Information Line

Worksafe Victoria Emergency Response Line

000 (or 112)*

1800 075 599

13 27 71

1800 551 800

13 11 14

13 22 29

1300 789 978

1300 606 024

13 22 89

13 11 26

132 500

1300 651 251

1800 240 667

13 23 60

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

Crisis contacts

Barwon Youth – <i>Accommodation support for young people (15-25 yrs)</i>	1800 825 955
Bethany Community Support – <i>9am to 5pm Mon – Fri</i>	1800 825 955
– <i>North Geelong</i>	5278 8122
Consumer Affairs Victoria	1300 558 181
DHS Office of Housing	5226 4540
Housing Choices Australia – <i>Housing for people on low incomes and with a disability</i>	1300 312 447
Karingal Accommodation Services – <i>Housing and respite for people with a disability</i>	1300 558 368
Pathways Rehabilitation and Support Services Ltd	
– <i>For those affected by mental health issues</i>	5229 8295
Real Estate Institute of Victoria	9205 6666
SalvoConnect Housing and Homelessness Service	5244 9560
– <i>Housing support service 9am – 5pm</i>	1800 825 955
Samaritan House Geelong – <i>Overnight crisis accommodation – men</i>	5224 9500
St Kilda Crisis Centre	1800 627 727
Time For Youth – <i>For vulnerable people aged 10 – 25 years</i>	5246 7500
St Laurence Community Services	5241 0600

Resources may be limited but don't give up looking!

See also ads in your local paper or www.vacancyseeker.org.au

Accommodation and housing

Child Support – <i>Complaints</i>	132 919
Commonwealth Ombudsman – <i>Re Federal Govt services</i>	1300 362 072
Department of Human Services – <i>Complaints</i>	1300 884 706
Family Law Web Guide	www.familylawwebguide.com.au
Geelong Dispute Settlement Centre – <i>Free, confidential dispute resolution service</i>	5215 8591
Homelessness Advocacy Service	1800 066 256
Law Institute of Victoria	9607 9311
Lone Fathers Association	www.lonefathers.com.au
Pathways Rehabilitation and Support Services Ltd – <i>For those affected by mental health issues</i>	5229 8295
Social Security Appeals Tribunal (SSAT)	1800 011 140
State Ombudsman – <i>Re Victorian Government services</i>	1800 806 314
Tenants Union of Victoria – <i>Re landlords and agents</i>	9416 2577
VCAT – <i>Civil disputes and small claims</i>	1800 133 055
My elected representatives: <i>(record names here)</i>	
State – www.parliament.vic.gov.au	_____
Federal – www.aec.gov.au	_____

Al Anon, Geelong – Support for anyone associated with problem drinking	1300 252 666
Alateen – Help for teens affected by someone else's drinking problem	1300 252 666
Alcoholics Anonymous – Mutual support group	5229 1710
Australian Drug Information Network	9611 6100
Barwon Health Drug & Alcohol Services – Assessment/advice	4215 8700
Barwon Youth – Alcohol and other drug treatment services for young people 12 – 25 years	5221 4466
Cannabis Information and Helpline	1800 304 050
DirectLine – 24-hour, 7-day counselling, information and referral	1800 888 236
Drug and Alcohol Clinical Advisory Service	1800 812 804
Family Drug Helpline – Support, info and advice	1300 660 068
headspace Geelong – Counselling and support for people 12-25 years	5222 6690
Narcotics Anonymous – Group support www.na.org.au	5221 0803
Quitline – Telephone support and strategies to stop smoking	13 78 48
SalvoConnect Alcohol and Other Drugs Service – Counselling, support, programs and referral	5275 7011
Youth Support and Advocacy Service – Youth support and withdrawal	1800 287 585

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.

Barwon CASA – <i>For male/female victims of sexual and other abuse</i>	1800 806 292
Bethany Community Support – <i>Behavior change and counselling</i>	5278 8122
CatholicCare – <i>Counselling</i>	5221 7055
Centacare – <i>Victims Assistance and Counselling Program</i>	
– <i>Support to victims of violent crime</i>	1300 033 818
Domestic Violence and Incest Resource Centre	9486 9866
Lifeworks – <i>Relationship counselling and education</i>	5222 3172
Mensline – <i>24 hr support for men and their families</i>	1300 789 978
Men's Referral Service – <i>12noon – 9pm Mon – Fri</i>	1800 065 973
Relationships Australia – <i>Counselling and groups</i>	1300 364 277
Salvation Army – <i>Counselling, support, programs and referral</i>	5223 2434
Teens and family violence	www.burstingthebubble.com
Victims of Crime Helpline – <i>For male or female victims</i>	1800 819 817
Wesley Centre For Life Enrichment – <i>Counselling</i>	5222 4101
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.

Barwon Youth – <i>For young people aged 15 – 21 years</i>	5221 4466
Centacare Employment – <i>Employment services and training</i>	5246 6400
Centrelink – <i>Employment services</i>	13 28 50
Diversitat Employment – <i>Service for migrants and refugees</i>	5221 6044
Diversitat Training	5224 2329
Diversitat Youth Education – <i>Youth education program for people aged 15 – 19 requiring alternate education to mainstream schooling</i>	5223 3222
Encompass Community Services	5222 3377
Jobwatch – <i>Employment Rights Legal Centre</i>	1800 331 617
Karingal Training – <i>Industry courses and programs for people wanting to improve their employability</i>	1300 582 687
Karingal Kommercial – <i>Supported employment for people with a disability</i>	1300 558 368
MatchWorks – <i>Employment for all people including those with a disability</i>	1300 132 363
Pathways Rehabilitation and Support Services – <i>Employment services for people with a mental illness</i>	5229 8295
St Laurence Employment Services – <i>Employment services for all people including those with a disability</i>	1800 755 627
Worksafe Victoria – <i>Occupational health and safety</i>	1800 136 089

Christ Church Anglican Church – <i>Community meals program</i>	5221 8055
Drysdale Family Support – <i>Food parcels, clothing</i>	5253 2099
Emergency Food Parcels	5275 1599
Geelong Food Relief Centre – <i>Food relief for low income families</i>	5278 6588
Salvation Army – <i>Crisis support and food relief</i>	1800 659 532
St Vincent de Paul – <i>Food, clothing and furniture</i>	5221 9170
The Lunch Box – <i>Saturday lunch service for families in need</i>	0423 674 466
The Outpost – <i>Lunch and dinner service for families in need</i>	5243 4300
Unitingcare Geelong – <i>Emergency relief</i>	4210 1100
Utility Relief Grant Scheme – <i>Assistance to pay utility bills</i>	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.*

Dadslink (YMCA) – *Social activities and support for dads and kids*

(especially separated)

9345 8011

www.victoria.ymca.org.au/discover/community-programs/dadslink.html

Fathering Adventures

www.fatheringadventures.com.au

– *Father and son outdoor adventures and initiation into manhood*

0431 839 035

Parents without Partners

www.pwpaustralia.net

– *Regular social activities and support for single parents and children*

Parentlink (YMCA)

www.victoria.ymca.org.au/parentlink

– *Social activities and support for single parent families*

9345 8004

www.victoria.ymca.org.au/discover/community-programs/dadslink.html

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*

YMCA Geelong – *Recreational and sporting programs*

5223 2714

See also your LOCAL COUNCIL for local events & programs.

Fathers and kids together

Professional help

Bethany Community Support – <i>Gambler's help</i>	5278 8122
Diversitat Financial Counselling/Gambling	
– <i>Support on financial matters</i>	5221 6044
Gambling Telephone Helpline – <i>Free, confidential advice</i>	1800 858 858
Gamblers Anonymous – <i>Support group for compulsive gamblers</i>	9696 6108

www.gamblinghelponline.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 10 free sessions.*

Self-help for addiction

<i>Gambling</i>	http://www.responsiblegambling.vic.gov.au/getting-help
<i>General</i>	www.addictionrecoveryguide.org
<i>Internet</i>	netaddiction.com

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

Better Hearing Australia	5278 8300
Create – <i>Youth services</i>	5240 2100
Diabetes Australia – <i>Education services</i>	5249 0700
Dental Health Services Victoria	1300 360 054
Gay and Lesbian Switchboard	1800 184 527
Karingal Individual Support	1300 558 368
Karingal Participate – <i>Recreational activities for those with a disability</i>	1300 558 368
Leisure Networks – <i>Sport and rec and disability support programs</i>	5222 3911
Nurse on Call – <i>24/7 advice and referral</i>	1300 606 024
Pathways Rehabilitation and Support Services Ltd – <i>Mental health</i>	5229 8295
Victorian Govt Health Info – <i>Services and hospitals</i>	1300 650 172
YMCA Geelong	5223 2714
Andrology Australia	www.andrologyaustralia.org
Better Health Channel	www.betterhealth.vic.gov.au
Disability Online	www.disability.vic.gov.au
Foundation 49	www.49.com.au
HealthDirect Australia	www.healthdirect.gov.au
Male Health Victoria	www.malehealthvic.org.au
Men's Health Australia	www.menshealthaustralia.net
My Doctor (MIMS)	www.mydr.com.au/mens-health
VicHealth	www.health.vic.gov.au

Barwon Community Legal Service – <i>Free legal service</i>	1300 430 599
Centrelink – <i>Drought and Farmers Assistance Hotline</i>	13 23 16
Centrelink – <i>Families and Parents Line</i>	13 61 50
Centrelink – <i>Indigenous Call Centre</i>	1800 136 380
Centrelink – <i>Multilingual call to get info in your language</i>	13 1202
Dispute Settlement Centre of Victoria – <i>Advisory service</i>	1800 658 528
Diversitat Financial Counselling – <i>Support for individuals/families experiencing financial difficulty</i>	5221 6044
Family Relationships Advice Line – <i>8am – 8pm</i>	1800 050 321
Good Money – <i>No interest/low interest loans for low income earners</i>	5223 8000
Law Institute of Victoria	www.liv.asn.au
Mental Health Legal Centre Inc.	1800 555 887
MoneyHelp – <i>Free financial counselling service</i>	1800 149 689
Salvation Army Financial Counselling	5223 2434
Utility Relief Grant Scheme – <i>Assistance to pay utility bills</i>	1800 658 521
Victims of Crime Helpline	1800 819 817
Victorian Aboriginal Legal Service	1800 064 865
Victoria Legal Aid	5226 5666
Villamanta Disability Rights Legal Service	5229 2925

Bethany Community Support – <i>Family support</i>	5278 8122
CatholicCare – <i>Family support and counselling</i>	5221 7055
Family Relationships Advice Line – <i>Information and referral</i>	1800 050 321
Family Relationship Centre – <i>Parenting mediation and relationship support after separation</i>	5246 5600
Glastonbury Community Services – <i>Family support services</i>	5222 6911
Grandparents Victoria Inc – <i>Help and support</i>	9372 2422
MacKillop Family Services	5278 9211
Maternal and Child Health Centres (<i>City of Greater Geelong</i>)	5272 4742
Maternal and Child Health Line	13 22 29
Parentline – <i>Telephone support, strategies and referral advice</i>	13 22 89
Relationships Australia – <i>Parenting advice and referrals</i>	1300 364 277
Step Family Assoc. of Victoria – <i>Courses and resources</i>	9663 6733
St John of God Raphael Centre	5221 7333

Self-help options

www.raisingchildren.net.au

www.cyh.com.au

www.stayathomedads.com.au

Australian Men's Sheds Association

1300 550 009

There are now 14 Men's Sheds in the Greater Geelong region

Dads in Distress – *A national peer support and referral service for dads and families going through the trauma of family breakdown and separation from their children.*

1300 853 437

Dadslink – *Social activities, support and referral*

9345 8005

Geelong Prostate Support Group – *Prostate info and support*

0419 254 525

Lone Fathers Association – *National self help, information and advocacy*

www.lonefathers.com.au

OMNI Groups – *Men 50+ friendship and mutual support*

5254 1587

Pit Stop – *Fatherhood course*

0432 439 943

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

Mateship
and men's groups

Barwon Health Mental Health Service – 24 hr triage service 1300 094 187
Beyond Blue – Depression info hotline 1300 224 636
Geelong Mood Support Group – Self-help service 5222 5999
GRIEFLINE – Support for grieving adults and kids 9935 7400
GROW – Groups and resources for those not coping 1800 558 268
headspace Geelong – Support for young people – Corio/ Geelong 5222 6690
– Drysdale 5251 5088

Kardinia Mental Health – Salvation Army
– Psychosocial rehabilitation services 5221 7176
Karingal Transcend – Mental health services 1300 558 368
Mental Illness Fellowship Victoria – Support, education, advocacy 5229 8827
Pathways Rehabilitation and Support Services Ltd 5229 8295
SANE Australia – Helpline and resources 1800 187 263
SuicideLine (VIC) 1300 651 251

beyondblue www.beyondblue.org.au
DepressionNet www.depressionnet.org.au
ehespace www.eheadspace.org.au
MoodGym www.moodgym.anu.edu.au
Mental Health in Multicultural Australia www.mhima.org.au

*Your GP could also refer you to a psychologist or counsellor
who may be Medicare approved for up to 10 free sessions.*