

**Range of Supports available for children, young people and their families in our local community.**



headspace Mildura is a 'one-stop' service hub helping youth (12-25 years) and their families with general health, mental health, education and range of other supports.

**Address:** 2/125 Pine Ave, Mildura VIC 3500

**Phone:** (03) 5021 2400



Orange Door is a free service for adults, children and young people who are experiencing or having experienced family violence and families who need extra support with the care of their children.

<https://orangedoor.vic.gov.au/what-is-the-orange-door>

**Address:** 113 Madden Ave, Mildura VIC 3500

**Phone:** 1800 290 943



Mallee Accommodation and Support Program assists young people who are impacted by homelessness, abuse or social disadvantage.

**Address:** 118 Pine Ave, Mildura VIC 3500

**Phone:** (03) 5021 6500



Provide a range of health services and counselling services

137 Thirteenth St

(03) 5022 5444

<https://www.schs.com.au/>



Centacare provides free counselling and Family Support

**Address:** 136 Lime Ave, Mildura VIC 3500

**Phone:** (03) 5051 0050



Mildura Aboriginal Corporation, provides a range of essential services from health, family services and counselling in Mildura.

**Address:** 120 Madden Ave, Mildura VIC 3500

**Phone:** (03) 5018 4100



SMEC provides a range of supports for new migrants and refugees in our community.

**Address:** 107-111 Twelfth St, Mildura VIC 3500

**Phone:** (03) 5022 1006



CYMHS provides Specialist Mental Health Support for Children and Young People.

**Address:** Ontario Ave & Thirteenth St, Mildura VIC 3500

Emergency department: Open 24 hours

**Phone:** (03) 5022 3333

## CARE PACKAGES

The Victorian government can assist eligible families with little or nothing in the pantries with emergency relief packages. Families can register their need for 2 weeks' worth of food, by calling Victoria's coronavirus hotline on **1800 675 398** from Monday, March 23.

For eligible families the packages will contain items such as long-life milk, pasta, cereal, canned vegetables and sugar. Personal care packages containing soap, toothpaste and deodorant are also available for eligible households. The program is being run by the Red Cross in partnership with Foodbank Victoria under the direction of the State Relief Coordinator.

COVID-19 is making some Australians feel anxious and worried. Several organisations are available 24/7 that can provide mental health support.

**24/7 Mental Health Services**

<b>Beyond Blue</b> <i>Anyone feeling anxious or depressed</i>	<b>Kids Helpline</b> <i>Counselling for young people aged 5 to 25</i>
<a href="https://www.beyondblue.org.au">beyondblue.org.au</a> 1300 22 4636	<a href="https://www.kidshelpline.com.au">kidshelpline.com.au</a> 1800 55 1800
<b>MensLine Australia</b> <i>Men with emotional or relationship concerns</i>	<b>Open Arms</b> <i>Veterans and families counselling</i>
<a href="https://www.mensline.org.au">mensline.org.au</a> 1300 78 99 78	<a href="https://www.openarms.gov.au">openarms.gov.au</a> 1800 011 046
<b>Lifeline</b> <i>Anyone having a personal crisis</i>	<b>Suicide Call Back Service</b> <i>Anyone thinking about suicide</i>
<a href="https://www.lifeline.org.au">lifeline.org.au</a> 13 11 14	<a href="https://www.suicidecallbackservice.org.au">suicidecallbackservice.org.au</a> 1300 659 467

**Is it an emergency?** If you or someone you know is at immediate risk of harm, call **triple zero (000)**