

EXTERNAL SUPPORT SERVICES

PSYCHOLOGICAL SUPPORT & COUNSELLING:

Northern headspace 1300 880 218

Offer a range of psychological support for young people up to 25 years. Young person will need a Mental Health Care Plan from their GP. eheadspace online counselling <https://www.eheadspace.org.au>

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Kids Helpline

Kids Helpline is Australia's only free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25. Contact: 1800 55 1800 (24 hours a day) Website: Kidshelpline

Lifeline

Lifeline provides crisis support and suicide prevention services for all Australians experiencing a personal crisis.

Contact: 13 11 44 (24 hours)

Website: Lifeline

Anglicare Youth Services

Adolescent community support (teenage foster care); adolescent support programs (case management); youth activity service; youth education specialist support program; multicultural support groups; and drug and alcohol services.

Eligibility: 12-17 years

Contact: 9306 0000

Website: Anglicare Victoria

Orygen Youth Health

Specialist youth mental health service and research centre that offers a range of education, training, advocacy and health promotion activities.

Address: 35 Poplar Road, Parkville

Contact: 9342 2800 or 1800 888 320

Website: Orygen Youth Health

Melbourne Youth Support Services (MYSS)

19 King St, Melbourne 9614 3688

www.melbournecitymission.org.au

Melbourne City Mission - Accommodation Services

A range of supportive, stable and secure accommodation for young people experiencing or at risk of becoming homeless.

Website: Melbourne City Mission - Accommodation Services

Frontyard Youth Services

Frontyard Youth Services work together to address the physical, social, and emotional needs of young people up to the age of 25, who spend time in the Melbourne CBD or who are homeless or at risk of homelessness. Some of the services also work with young people across the whole of Melbourne and Victoria. Address: 19 King Street, Melbourne Eligibility: 12 - 25 years and homeless or at risk of homelessness Contact: call direct on 9611 2411 or email Melbourne City Mission - Melbourne Youth Support Service Melbourne Youth Support Service (MYSS) is a state-wide drop-in and telephone information and referral service for

Contact: call direct on 9614 3688 Website: Melbourne Youth Support Service

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Website: Melbourne City Mission - Accommodation Services Melbourne City Mission - (MYSS) 19 King St

Contact: call direct on 9614 3688

Website: [Melbourne Youth Support Service](http://www.melbournecitymission.org.au) www.melbournecitymission.org.au

Hope Street Youth and Family Services

Hope Street addresses the needs of young individuals and young families who are homeless or at risk of becoming homeless. They provide crisis accommodation, intensive case management, counselling and advocacy to support young people with their immediate situation and in transition towards self-sufficiency and interdependent living within their communities.

Contact: Hope Street does not receive direct referrals. If you need help for yourself or one of your clients, please contact VincentCare Victoria.

Website: [Hope Street Youth and Family Services](http://www.hopestreetservices.org.au)

Aboriginal Housing Victoria

Contact: call direct on 9403 2100 or email [Aboriginal Housing Victoria](mailto:info@ahv.vic.gov.au)

Website: [Aboriginal Housing Victoria](http://www.ahv.vic.gov.au)

Statewide housing services for young people 16-24 years who are homeless or at risk

of becoming homeless. Available to drop in Monday to Friday from 9am-5pm ph: 1800 825 955

DRUG & ALCOHOL SUPPORT

Youth Substance Abuse Service (YSAS) - Fitzroy

Drug and alcohol help and advice for young people. YSAS specialises in offering treatment, support and early intervention for vulnerable young Victorians struggling with substance dependence. YSAS assists young people in developing their strengths, and offers access to resources needed to deal with the multifarious and complex problems that stem from substance dependence.

Eligibility: 10-25 years

Address: Level 1, 131 Johnston Street, Fitzroy

Contact: 1800 458 685 (24 hours)

Website: [YSAS](http://www.ysas.org.au)

GAY, LESBIAN, BI, TRANS, INTERSEX AND QUEER SUPPORT:

Gay and Lesbian Switchboard 9663 2939/1800 184 527

Telephone counselling available 6pm-10pm every day, 2pm-10pm Wednesdays.

<http://www.onlymelbourne.com.au/gay-and-lesbian-switchboard#.VQtqWEbctiU>

Safe Schools Coalition Victoria (SSCV) 9479 8738

<http://www.safeschoolscoalition.org.au/>

NCAT is proud to be a part of SSCV, dedicated to a safe educational environment for all GLBTIQ young people, their families and friends

SOCIAL ACTIVITIES:

Darebin Youth Services

Darebin Youth Centres offer a place for young adults (aged 12-25) to drop-in or take part in our great programs. Decibels is a recording and rehearsal studio for those musically minded, and our Northland Youth Centre is suited for a drop-in visit while at Northland Shopping Centre.

<http://www.darebin.vic.gov.au/Darebin-Living/Community-support/YoungAdults>

Thornbury Women's Neighbourhood House :LEARN. CREATE. NURTURE.

TWNH is a women led organisation providing education and training, leisure and wellbeing, and children's services for women, families and communities.

We offer a friendly and safe community environment.

Enrolments are now open for all of our programs, events and services.

<http://www.twnh.vic.edu.au/>