



buzzit

»» SUPPORT NUMBERS FOR YOUNG PEOPLE

If you're unsure what help you need, call
Kids Helpline (24/7; ages 5 – 25 yrs) 1800 55 1800
IF LIFE IS THREATENED, CALL 000 IMMEDIATELY

IF YOU NEED HELP RIGHT NOW:

Dhelkaya Health Urgent Care Centre (at Castlemaine Hospital)	5471 3555
Lifeline (crisis support and suicide prevention):	13 11 14
Mental Health Triage (mental health crisis):	1300 363 788
Sexual Assault Crisis Line:	1800 806 292
SuicideLine:	1300 651 251
1800 Respect (family violence or sexual assault):	1800 737 732
After hours crisis and emergency housing:	1800 825 955

NON URGENT HELP:

GENERAL HEALTH ISSUES

After Hours GP Helpline:	1800 022 222
GP clinics: Botanical Gardens Health:	5472 1844
Lyttleton Street Medical Clinic:	5472 3233
Mostyn Street Clinic:	5472 1255
Your Health Place Medical Centre:	5472 5066
Dhelkaya Health Minor Injuries and Illnesses Clinic (at Maldon Hospital):	5475 2000
Nurse on Call:	1300 606 024

MENTAL HEALTH/ COUNSELLING

Butterfly Foundation (eating disorder helpline) (8am-12am):	1800 33 4673
Dhelkaya Health (CHIRP) (free counselling appointments):	5479 1000
Castlemaine Safe Space (non-clinical drop-in space for people in emotional distress): For drop in times and locations: www.castlemainesafespace.org	
Centre Against Sexual Assault (sexual assault counselling):	5441 0430
Eating Disorder Helpline (9:30am-4:30pm Mon-Fri):	1300 550 236
Headspace Bendigo:	5434 5345
eHeadspace:	1800 650 890
Kids Helpline (ages 5-25 yrs):	1800 55 1800
Lifeline:	131 114
Beyond Blue:	1300 224 636

For a more detailed list of support, events
and opportunities for young people visit:
www.mountalexandershiroyouth.com.au

[updated Jul 2022]

score

score

score

score

score

ALCOHOL & OTHER DRUGS (AOD) SUPPORT:

Youth Drugs and Alcohol Advice

(9am-8pm Mon-Fri): 1800 458 685

YSAS Bendigo (Youth Substance Abuse Service): 5444 2969

AOD Worker at CHIRP: 5479 1000

SEXUAL HEALTH

Headspace Bendigo: 5434 5345

Sexual Health Clinic Bendigo: 5448 1600

LGBTIQ+ SUPPORT

QLife (peer support and referral)

(3pm-midnight): 1800 184 527

Rainbow Door (information, referral and support):

Phone (10am -5pm): 1800 729 367

Text (10am – 5pm) 0480 017 246

INDIGENOUS & CULTURAL SUPPORT

Nalderun Education Aboriginal Corporation: 0477 522 248

Loddon Campaspe Multicultural Services: 5441 6644

HOMELESSNESS & EMERGENCY RELIEF

Salvation Army Castlemaine

(food parcels and vouchers): 5470 5389

Castlemaine Housing Service (Homelessness support at Dhelkaya Health, formerly CHIRP)

9am-5pm Mon-Fri: 5479 1000

After hours crisis and emergency housing: 1800 825 955

LEGAL SUPPORT

Loddon Campaspe Community Legal: 1800 450 909

Victoria Legal Aid: 1300 792 387

Victims of Crime: 1800 819 817

Youth Law Melbourne: 9113 9500

DISABILITY

Youth Disability Advocacy Service (YDAS): 0455 621 849

Windarrang 5472 1599

YOUTH ACTIVITIES & EVENTS

Mount Alexander Shire Council (Freeza, Young Makers Market, Mondo Lounge, Youth Advisory Group, Over the Rainbow Committee): 5471 1700

Delkaya Health (Mount Alexander Youth Mentoring Program and L2P Learner Driver Mentor Program): 5479 1000

Nalderun

(First Nations Youth Leadership Program): 0477 522 248

OTHER ASSISTANCE:

Castlemaine Taxis: 131 008

Young Carers Victoria: 1800 514 845

Castlemaine Police Station: 5470 4100

Police without sirens: 131 444

This resource was developed by the Mount Alexander Shire Council Youth Advisory Group (YAG)

YAG acknowledges that Mount Alexander Shire sits on the lands of the Dja Dja Wurrung and the Taugurung clans. We pay our respects to them, their culture and their Elders past, present and emerging.



score

score

score

score

score