



Supports

This list has been compiled as a resource for our club members. It is not comprehensive, and St Albans FNC does not have any formal affiliation with the services listed.

Infant and Child Mental Health and Wellbeing Service

Provides specialist mental health services for infants and children aged up to 11 years, and their families and friends.

1300 094 187

Head to Health

Provides mental health services, information and support from multidisciplinary care teams for adults.

1800 595 212

Headspace

A service where young people aged 12-25 can access early intervention mental health services from qualified mental health professionals.

1800 650 890 / GEELONG - 5222 6690

Drummond Street

Offers a wide range of services to help people facing personal challenges and societal barriers connected to living situations, health, identity, relationships and community.

GEELONG - 5222 0856

Wathaurong Aboriginal Co-Operative

Offers a wide range of services for Aboriginal and Torres Strait Islander families living or in transit in the region. Provide increased access to culturally appropriate health, children, housing, education, employment and cultural services.

5277 0044



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Q Hub

Provides co-designed, place-based services to LGBTIQ+ young people, up to the age of 25 and their families/carers. Provide mental health supports, social connection, and wellbeing initiatives.

9663 6733

Hope Bereavement Care

Provides free information, support and counselling to Geelong residents grieving the death of a baby or child, grieving the death of an adult and grieving after suicide.

4215 3358

Amber Community

A organisation dedicated to providing road incident support and education for the safety and wellbeing of road users. Provide free counselling and support as well as education programs.

1300 367 797

Lifeline

A national charity providing all Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services.

13 11 14

Beyond Blue

Available 24/7 for brief counselling offered by trained mental health professionals either by call or chat

1300 224 636



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Kids Helpline

Free telephone and online counselling services for young people aged 5 to 25.
1800 551 800

Parentline

Telephone counselling and support service for all Victorian parents and carers of children aged 0-18 years.
13 22 89

Barwon Legal Service

Offers free legal information, advice and referrals to people.
1300 430 599

BATforce

Provide opportunities and supports to young people through advocacy, education and strengthening of networks for families and their workforce.

COMMUNITY SUPPORT GUIDE > [HTTPS://TRELLO.COM/B/CB3CKRZF/BATFORCE-COMMUNITY-SUPPORT-GUIDE-GEELONG](https://trello.com/b/cb3ckrZF/BATFORCE-COMMUNITY-SUPPORT-GUIDE-GEELONG)