

## Resources

Resource	Description	Contact
Safesteps	National family violence support service available 24/7 with safety planning, risk assessment and further support services. Can arrange refuge for women. Website has a 'quick escape' button redirecting to Google	1800 015 188 (Avail 24/7) <a href="http://safesteps.org.au">safesteps.org.au</a>
1800 RESPECT	National counselling helpline available 24/7 with support services and resources, available in 28 languages other than English. Has a 'quick exit' button redirecting to Google	1800 737 732 (Avail 24/7) <a href="http://1800respect.org.au">1800respect.org.au</a>
In-touch Multicultural Centre Against Family Violence	Victorian multilingual multicultural support service and resource centre for women from culturally and linguistically diverse (CALD) communities	1800 755 988 <a href="http://www.intouch.org.au">www.intouch.org.au</a>
Lifeline	National website giving support services and resources for those suffering from mental health issues, as well as those experiencing domestic and/or family violence	13 11 14 (Avail 24/7) <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
Beyond Blue	24/7 support to people experiencing anxiety or depression	1300 224 636 <a href="http://beyondblue.org.au">beyondblue.org.au</a>
Kids Helpline	24/7 support and counselling for kids (5-25 years) dealing with issues such as family violence and mental health	1800 551 800 <a href="http://kidshelpline.com.au">kidshelpline.com.au</a>
Mensline Australia	Mensline Australia is the national telephone and online support, information and referral service for men with family and relationship concerns. Mensline provides 'male-friendly' counselling both online and by telephone	1300 789 978 (Avail 24/7) <a href="http://mensline.org.au">mensline.org.au</a>
Aboriginal Family Violence Prevention and Legal Service Victoria	For Aboriginal and/or Torres Strait Islander peoples living in Victoria to access culturally safe and appropriate support services and resources	1800 737 732 <a href="http://www.fvpls.org">www.fvpls.org</a>
Another Closet – LGBTIQ Domestic & Family Violence	National website for LGBTIQ people in relationships who are or may be experiencing domestic and family violence	1800 737 732 <a href="http://www.anothercloset.com.au">www.anothercloset.com.au</a>

Gippsland & East Gippsland Aboriginal Co-operative (GEGAC)	Gippsland & East Gippsland Aboriginal Co-Operative Ltd (GEGAC) has been serving the Aboriginal and wider East Gippsland communities for over 30 years, providing childcare, cultural, education, employment, health, housing & welfare services	5150 0700 <a href="http://www.gegac.org.au">www.gegac.org.au</a>
Domestic Violence Resource Centre Victoria	Victorian support service and resource centre, with a clickable map giving support services and resources for different regions in Victoria. Has a 'quick exit' button redirecting to Google.	(03) 9486 9866 (9am-5pm M-F) <a href="http://www.dvrcv.org.au">www.dvrcv.org.au</a>
Men's Referral Services (MRS)	The MRS takes calls from Australian men dealing with family and domestic violence matters. They offer anonymous and confidential telephone counselling information and referrals to help men.	1300 766 491 <a href="http://mrs.org.au">mrs.org.au</a>
Our Watch	Aim is to drive nation-wide change in the cultures, behaviours and attitudes that underpin and create violence against women and children	(03) 8692 9500 <a href="http://www.ourwatch.org.au">www.ourwatch.org.au</a>
Kildonan UnitingCare	Kildonan UnitingCare is an innovative and trusted community service organisation within one of Australia's largest welfare networks.	1800 002 992 <a href="http://www.kildonan.org.au">www.kildonan.org.au</a>
Anglicare	Anglicare prevent, protect and empower disadvantaged Victorian children, young people and families.	1800 809 722 <a href="https://www.anglicarevic.org.au/">https://www.anglicarevic.org.au/</a>
Quantum Support Services	Family violence support for women and children in Gippsland communities including safety issues, housing, legals and education.	1800 243 455 <a href="http://www.quantum.org.au">www.quantum.org.au</a>
Gippsland Lakes Community Health	Gippsland Lakes Community Health provide health care services in the area of home care, allied health, nursing, medical, counselling and family, youth and children's services.	5155 8300 <a href="http://glch.org.au/">http://glch.org.au/</a>
Department of Human Services	Centrelink can provide extra financial support if you are in, have left, or are preparing to leave a situation where you are affected by domestic and/or family violence. Has an 'exit' button banner at the bottom of the page. Call to speak to a Centrelink social worker, or find out about extra financial support	132 850 <a href="https://dhhs.vic.gov.au/">https://dhhs.vic.gov.au/</a>

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WIRE	Provides support, information and referrals to women throughout Victoria who may be experiencing any type of issues in their households: domestic violence, health, relationships, family, housing, legal and money issues. It's a free and confidential service, they will listen and provide support where needed	1300 134 130 (9am-5pm M-F) <a href="http://wire.org.au">wire.org.au</a>
Gippsland Women's Health Service	Gippsland Women's Health is an independent, regional service run by women for women. They engage with women, communities, service providers and government to promote and enhance the health and wellbeing of women across Gippsland	5143 1600 <a href="http://www.gwhealth.asn.au">www.gwhealth.asn.au</a>
Gippsland Centre Against Sexual Assault	Counselling, referral and support for victims (male & female) of sexual assault or violence.	03 5134 3922 <a href="http://gcasa.org.au">gcasa.org.au</a>
Women's Legal Service	National network of community legal centres specialising in women's legal issues. They aim to promote a legal system that is safe, supportive, non-discriminatory and responsive to the needs of women.	1800 133 302 <a href="http://womenslegal.org.au">womenslegal.org.au</a>
Gippsland Community Legal Service	Confidential, free legal advice, advocacy & support. Includes intervention orders and family law issues.	1800 004 402 <a href="http://gcls.org.au">gcls.org.au</a>

#### Additional local resources include

Resource	Description	Contact
Uniting Care	Community based service providing foster care, family counselling, day care, youth work & financial counselling services.	03 5152 9600 49 McCulloch Street, Bairnsdale
MOOGJI Aboriginal Council East Gippsland	MOOGJI is an Aboriginal Community Controlled Health Organisation that provides services in the East Gippsland community.	03 5154 2133 52 Stanley St, Orbost

Within Australia (Formerly SNAP Gippsland)	Delivers accessible programs and services that help people achieve optimal health and wellbeing and respond to challenges they face in their daily lives.	1300 737 412  265 Main St, Bairnsdale,  29 Browning St, Orbost
Rural Financial Counselling Service (RFCS) –	Provides free and confidential rural financial counselling & business support to primary producers who are suffering financial hardship. This is funded by the Australian and State Governments.	1800 900 090
Suicide call back	Suicide Call Back Service provides free phone, video & online counselling for anyone affected by suicide.	1300 659 467
Health Services	Bairnsdale Regional Health Service	03 5150 3333  122 Day Street, Bairnsdale
	Orbost Regional Health	03 5154 6666  104 Boundary Rd, Orbost
	Mallacoota District Health & Support Service	03 5158 0243  Cnr Mattsson St & Genoa Rd, Mallacoota
	Omeo District Health	03 5159 0100  Ward St, Omeo
	Swifts Creek Bush Nursing Centre	03 5159 4210
	Nurse on call	1300 606 024
Employment Services	Workways	1800 631 196  280 Main St, Bairnsdale
	Skillinvest Limited	1300 135 008  96 Victoria St, Bairnsdale
	Work Solutions Gippsland –	1300 974 669  135 Main St, Bairnsdale
	Noweyung –	03 5153 0111  84 Goold St, Bairnsdale  03 5154 1879  45 Forest Rd, Orbost

	Sureway Employment and Training –	<p>1300 787 392</p> <p>125 Macleod St, Bairnsdale</p> <p>56 Church St, Lakes Entrance</p> <p>1 Browning St, Orbost</p>
	Mission Providence	<p>5153 3600</p> <p>68A Macleod St, Bairnsdale</p> <p>5155 5270</p> <p>339 The Esplanade, Lakes Entrance</p> <p>5152 3654</p> <p>21 Ruskin Rd, Orbost</p> <p>5152 3654</p> <p>Shire Centre, Day Avenue, Omeo</p>