

## A-Z Ballarat Youth Quick List

### **Ballarat & District Aboriginal Co-operative 5331 5344**

5 Market St, Ballarat | [www.badac.net.au](http://www.badac.net.au)

- Health, social, welfare & community development for Indigenous community
- Doctors, drug & alcohol, counselling & psychology

### **Ballarat Community Health (BCH) 5338 4500**

Various locations | [www.bchc.org.au](http://www.bchc.org.au)

- **AOD support & counselling**
- **Connecting2Community** connecting isolated people 18+ with mental health condition
- **Counselling**
- **Gender Clinic** free support & referral pathways
- **HeadtoHelp** 0-65yrs distress or mental ill health, drop in, self-refer call 1800 595 212
- **Healthy Minds** lived experienced clinicians promote independence and increase wellbeing knowledge
- **Making a Change (MAC)** 7-week AOD rehabilitation
- **Sexual Health Clinic** info | counselling, STI testing
- **Youth Housing**
- **Youth Lawyer via YouthLaw** support to young people or secondary consult 0407 854 223
- **Youth Support Service** supports disengaged youth

### **Ballarat Foundation 5331 5555**

7 Lydiard St Sth, Ballarat | [ballaratfoundation.org](http://ballaratfoundation.org)

- L2P Program learner driver support for disadvantaged 16-21yrs

### **Berry Street 5331 3558**

23 Wetlands Dr, Mount Helen [www.berrystreet.org.au](http://www.berrystreet.org.au)

- Specialist family violence services for LGBTIQ+ women and children
- **Navigator** reengage 12-17's back into education
- **ReConnect** support 12-18's + family to prevent family breakdown

### **BGT 5331 3558**

Various locations | [www.bgt.org.au](http://www.bgt.org.au)

- **Better Futures** supports care leavers up to 21 with housing, work, study, health & community
- **ReConnect** 17+, education, training & work [www.reconnectballarat.com.au](http://www.reconnectballarat.com.au)
- **Saver Plus** 18+ help saving for education costs

### **CAFS 5337 3333**

115 Lydiard St Nth | [www.cafs.org.au](http://www.cafs.org.au)

- **Leaving Care** supports care leavers up to 21 with post-care, brokerage & mentoring
- **Step Up** support for 12-17's with intimidating | violent behaviour impacting on family

### **CatholicCare Victoria [Centacare] 5337 8999**

Various locations | [www.centacareballarat.org.au](http://www.centacareballarat.org.au)

- **Homelessness** support and advocacy
- **Family Mental Health Services**; support for children + young people at risk of or affected by mental illness.
- **Youth Justice Group Conferencing**; for young people who have been found guilty or have pleaded guilty to an offence in the Children's Court
- **Family and Relationships Centre**
- **Clemente**; tertiary learning for people with barriers to education

### **ChildFIRST 5337 3388**

- Support vulnerable children under 17 and families, to protect | promote healthy development

### **Centre Against Sexual Assault (CASA) 5320 3933**

- Free | confidential counselling | support

### **Centre for Multicultural Youth (CMY) 5317 7172**

Barkly Square, Ballarat | [www.cmy.net.au](http://www.cmy.net.au)

- Youth-led social & recreational activities
- In-school student support sessions
- School holiday programs to empower | connect young people from refugee | migrant backgrounds

### **City of Ballarat Youth Services 5320 5140**

Ballarat Library | <https://linktr.ee/ballaratyouthservices>

- **Youth Council** leadership and youth voice
- **FReeZA** 'Sonika' AA music, arts & cultural events
- **Girl Space** young women's social wellbeing program
- **Young Creatives in Business** enterprise & business skills
- **Youth Collective** young people + social | change making opportunities
- **Youth Awards** annual recognition of youth contributions
- **Youth Facilitator Program** Youth Facilitator Training & Youth Led Workshops

### **Community Legal Service 5331 5999**

5 Chancery Ln, Ballarat | [www.bgcls.org.au](http://www.bgcls.org.au)

- Community Legal Education
- Family violence & family lawyer duty service

### **Eureka Mums 1300 789 509**

15 Gray St, Sebastopol | [www.eurekamums.org](http://www.eurekamums.org)

- Recycled baby & child items for families in need

### **Federation 1800 333 864**

Various locations | [www.federation.edu.au](http://www.federation.edu.au)

- **Community Psych Clinic** Psychological assessment & treatment for 5yrs+
- **Jobs & Skills Centre** Career advice & training
- **ReConnect** 17+, education, training & work [www.reconnectballarat.com.au](http://www.reconnectballarat.com.au)

### **Grampians Area Mental Health Service 5320 4100**

(Formally Ballarat Health Services Mental Health Services)

- **Access and Triage** 1300 247 647 [24hrs]
- **Youth Team**
- **Secondary consult** for schools [www.bhs.org.au/services-and-clinics/mental-health-services](http://www.bhs.org.au/services-and-clinics/mental-health-services)

### **headspace 5304 4777**

28 Camp St, Ballarat | [www.headspace.org.au/ballarat](http://www.headspace.org.au/ballarat)

- Mental & physical health, drug & alcohol, education & vocation support 12-25's, self-refer or drop in
- **ZAQUE** LGBTIQ+ social support group

### **Highlands LLEN 4344 4155**

Suite 21, Ballarat Tech Park | [www.highlandslilen.org](http://www.highlandslilen.org)

Navigates education and transition outcomes for students

### **Orange Door 1800 219 819**

21 Armstrong St Nth, Ballarat | [www.orangedoor.vic.gov.au](http://www.orangedoor.vic.gov.au)

- Support with family violence + families needing extra support to care for children (*all FV referrals are made through Orange door*)

### **SalvoConnect 5329 1100**

6 Crompton St Nth, Soldiers Hill

- **MaC** accom for pregnant | parenting young women
- **Young Families Connected** pregnant | parenting couples accommodation
- **Outreach service** ongoing support
- **LARF** mentoring program

### **St John of God Health Care**

103-105 Webster St | [www.sjog.org.au](http://www.sjog.org.au)

- **Horizon House** accommodation & support 16-22yrs to achieve goals | independence **4310 6987**
- **Mental Wellbeing Services** 16yrs+ 1800 313 016
- **Raphael Services** pregnancy & parenting counselling pre-birth - 4yrs 1800 292 292

## Uniting 5332 1286

105 Dana St, Ballarat | [www.unitingballarat.org.au](http://www.unitingballarat.org.au)

- **Community Mental Health** supports people with mental illness to live well at home and in community
- **Services & Treatment for Enduring & Persistent Mental Illness (STEMPI)** GP referral to Uniting
- **Drug & alcohol support | counselling** 0-25yrs
- **Housing** Homelessness support, Crisis accommodation, Transitional housing, Social and affordable housing
- **Karrung** housing and support for 16-25 yrs.
- **Street to Home** support for rough sleepers
- **Tabor House** Residential AoD Withdrawal 12-25yrs
- **Barnagen** residential rehabilitation service for 16-25 yrs living with a mental health condition

## Y Ballarat 4311 1150

Barkly Square, Ballarat | [www.ballarat.ymca.org.au](http://www.ballarat.ymca.org.au)

- **Drop in Basketball**
- **Jump Start** auto workshop
- **ReCranked** bike recycling workshop
- **Youth Hubs** Wendouree West & Delacombe
- Annual events & holiday programs

## Online and Telephone Supports

### Better Health Channel

- Health & medical info to improve health, wellbeing & manage medical conditions [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

### Beyond Blue 1300 22 4636

- Online chat | info about depression and anxiety [www.beyondblue.org.au](http://www.beyondblue.org.au)

### Directline 1800 888 236

- Confidential drug & alcohol counselling & referral

### eheadspace 1800 650 890

- Free phone | online support | counselling 12-25's & family <https://headspace.org.au/eheadspace>

### Keeping Youth in the Loop

- News & youth opportunities to stay engaged, active & informed <https://linktr.ee/ballaratyouthservices>

### Kids Helpline 1800 55 1800

- Phone | online chat | counselling, 24/7 for 5-25's [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

### Lifeline 13 11 14

- 24/7 crisis phone support [www.lifeline.org.au](http://www.lifeline.org.au)

### Orygen

- Digital platform offering continuous integrated care [www.orygen.org.au/most](http://www.orygen.org.au/most)

### Rainbow Door 1800 729 367

- Free specialist LGBTIQA+ helpline providing information, support, & referral [www.rainbowdoor.org.au](http://www.rainbowdoor.org.au)

### ReachOut.com

- Info & practical tools <https://au.reachout.com>

### 1800 Respect 1800 737 732

- Sexual assault & family violence counselling [www.1800respect.org.au](http://www.1800respect.org.au)

### Safe Steps 1800 015 188

- Family violence support, info & emergency Accommodation [www.safesteps.org.au](http://www.safesteps.org.au)

### Sexual Assault Crisis Line 1800 806 292

- Crisis response recent sexual assaults [www.sacl.com.au](http://www.sacl.com.au)

## Emergency Food Relief

### Salvation Army 5337 0600

102 Eureka St, Ballarat

- **Bread & fruit** at reception Mon–Fri 9:15-2:15pm
- **Café 102** Hot meal, Tues & Thurs at noon
- **Emergency relief** via phone Mon–Fri 9:15-2:15pm
- **Food and vouchers**

### Uniting 5332 1286

- **BreezeWay Meals** hot meal, 7 days 11.30am-1pm.
- **Emergency relief** low income or financial crisis. Food Vouchers. Call to book (appointments fill fast) available Mon, Tues, Thurs & Fri

### St Vinnies 5334 284

- **Food and vouchers**
- **Medical script & MYKI top up funding**
- Leave a message, someone will contact you

### Ballarat Neighbourhood Centre 5329 3273

11 Tuppen Dr, Sebastopol | [www.ballaratnc.org.au](http://www.ballaratnc.org.au)

- **Bread** Tues & Thurs
- **Take away meals, fruit, bread & vegies** Fri

### Anglicare Victoria 5333 0600

14 Victoria St, Bakery Hill | [www.anglicarevic.org.au](http://www.anglicarevic.org.au)

- **Food and vouchers** Mon-Thurs 10.30-12pm

### Seventh Day Adventist Good Samaritan Centre

Cnr Learmonth & Grevillea Rds, Wendouree

- Bag of groceries \$5 (pantry staples & fresh food)
- Thurs 12-1pm, no registration required

### Ballarat On Track Foundation Soup Bus

124 Armstrong St Sth, Ballarat (Cameron's)

- Free hot dinner, Mon–Thurs 7.30-8.30pm, Sun 5–7.30pm

## Schools | Education

Ballarat Christian College	5337 5900	Indie School	5814 5080
Ballarat Grammar	5338 0700	Link Up	0427 009 353
Ballarat High School & FLIP	5338 9000	Loreto	5329 6100
Ballarat Specialist School	5334 1302	Mount Rowan	5336 7804
Ballarat & Clarendon	5330 8200	Mount Clear	5330 1500
Ballarat Tech School	5327 8080	Phoenix P-12 & DOTS	5329 3293
Beaufort Secondary	5349 2395	SEDA	1300 117 332
Berry Street School	5330 5000	St Patricks	5331 1688
Damascus College	5337 2222	Woodmans Hill	5336 7264
Daylesford Secondary	5348 2367	Yuille Park	5339 5555
Fed College	5327 8125	Department of Education and Training	1300 333 232

## Neighbourhood Houses

Ballarat Neighbourhood Centre	5329 3273
Ballarat East Neighbourhood House	0422 612 052
Ballarat North Neighbourhood House	5329 1101
Wendouree Neighbourhood House	5303 0507