

Ballarat Health and Wellbeing Quick list

Online and Telephone Supports

Lifeline - 13 11 14 24/7 crisis phone support.

Safe Steps -1800 015 188 Family violence - Crisis support, information and emergency accommodation.
www.safesteps.org.au

Counselling Online – free professional counselling about an alcohol or drug related concern online. For anyone seeking help with their own drug use or the drug use of a family member or friend. 24 hours a day 7 days a week www.counsellingonline.org.au

Ballarat Mental Health support
Helping you find mental health and suicide prevention services in the Ballarat region.
<https://ballaratmentalhealth.com.au>

Non-urgent police assistance
For police assistance where there is no immediate danger or to report non-urgent crime call **131 444**

1800 RESPECT- National Sexual Assault, Domestic Family Violence Counselling Service
1800 737 732 www.1800respect.org.au

Sexual Assault Crisis Line - **1800 806 292**
A centre for all recent sexual assaults providing an immediate crisis responses throughout Victoria.
www.sacl.com.au

Seniors Rights Victoria - provides information, support, advice and education to help prevent elder abuse and safeguard the rights, dignity and independence of older people.
<https://seniorsrights.org.au>

Seniors Online - is a website that aims to be the first port of call online for older Victorians
<https://www.seniorsonline.vic.gov.au>

Victoria's Coronavirus hot-line - **1800 675 398**

Mental health and well being

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

Counselling – in person, phone or telehealth.

HeadtoHealth - is for any person experiencing distress or mental ill health. This includes people who have never accessed mental health services before and their family and friends.
Call **1800 595 212** and we will help you find the support you need

Connecting 2 Community - 6 sessions with a peer worker. This program is focused on creating social connection for people who are isolated in the community and provides NDIS application support- in person, phone or telehealth.

Healthy Minds - 8 sessions presented by mental health clinicians and lived experienced clinicians to promote independence, empowerment and increase knowledge for overall wellbeing. – In person

After Hours- Free mental health and /or alcohol & other drug (AOD) support session now available outside regular business hours. Sessions are open to Individuals; Groups; Families, carers and significant others. Monday and Wednesday evenings

<https://bchc.org.au/afterhourscares>

AOD (alcohol and other drugs) support and counselling services – This includes support managing medication. In person, phone or telehealth. Referral via ACSO **1300 022 760**

Home Doctor - bulk billed doctor service providing in home for conditions that, are not life-threatening, require urgent medical attention. **13 7425 (13 SICK)**
(In an emergency call 000)

Ballarat and District Aboriginal Co-operative (BADAC) - 5331 **5344**
Offers health, social, welfare, community development to local indigenous community members. BADAC offers GP appointments, AOD services, counselling services and psychology services via mental health care plans or PHN funding. Appointments are offered in person or phone.

Pomegranate House - **5320 2260**
Offers psychotherapy for people from lower income and disadvantaged households in the Grampians region. Referral to services requires a mental health care plan and appointments are currently via phone or telehealth

Uniting Ballarat –**5332 1286**

Mental Health Clinic offer support in person, phone or telehealth for people with or without a mental health care plan

Services and Treatment for Enduring and Persistent Mental Illness (STEPMI)
Provides longer-term support and therapy to individuals experiencing enduring mental health issues. Referral needs to be made by your GP to Uniting Intake team. Assessments for new referrals are completed via phone

AOD (alcohol and other drugs) support and counselling services - assessments for new referrals by phone

Emergency Housing- Intake assessment and planning is providing housing assessments in person via phone.

Street to Home provide support to rough sleepers via phone where possible.

Emergency Food relief

Salvation Army - food and vouchers
102 Eureka Street, Ballarat

Emergency Relief- No face-to-face appointments
Telephone 5337 0600 to arrange a phone interview and assessment Mon – Fri 9:15am – 2:15pm.
Bread and fruit able to be collected at the front of reception Mon – Fri 9:15am -2:15pm

Café 102 – Hot takeaway main meal to be collected outside at the front of the reception area.
102 Eureka Street, Ballarat Tuesdays & Thursdays 12noon

Uniting Care - food and vouchers
105 Dana Street, Ballarat
Emergency Relief for those on low income or immediate financial crisis. Book by phone 5332 1286 at 9am or at reception for an appointment

Emergency Food relief continued

(appointments fill fast)
available Monday – Friday 9am-2pm

BreezeWay Meals Program – Sit down hot meal
105 Dana Street, Ballarat
Monday – Friday 11.30 to 1pm.

Meals for Change - Support young people (aged 15-25) to access affordable meals in local cafes
Contact Jen on 0407 814 126

St Vinnies - food and vouchers and funding for medical scripts and MYKI top-ups

- 6 Dawson Street South Ballarat. 10am – midday, Monday, Wednesday and Friday
- 15 Violet Grove, Wendouree. 9.30am-11.30am, Monday, Wednesday and Friday

To organise a home visit for assistance, call and leave a message on 5334 2844 someone will contact you.

Ballarat Neighbourhood Centre

11 Tuppen Drive, Sebastopol, 5329 3273

- Fridays – Community lunch 12-2pm
- Tuesdays & Thursday - Bread

Anglicare - community sit down breakfast
49 Lydiard Street South, Ballarat Monday – Friday 8.30am - 10am

Emergency Relief - food and vouchers
•14 Victoria Street, Bakery Hill. Monday – Thursday 10.30am – Midday
•227 Albert Street, Sebastopol Closed till further notice
•103 Napier Street, Creswick Second Tuesday of the month 1-2.30pm
Please phone for assistance. 5333 0600

Hilltop Church – food bank
503 Mair Street, Ballarat 3350
5331 5957

- Food Bank – fresh produce Friday 1.30pm – 2pm
- Free bread alternate Fridays
- Frozen meals available, please call to arrange (leave a message if unattended)

The Seventh Day Adventist Good Samaritan Centre

- food pantry
Cnr Learmonth & Grevillea Road, Wendouree
Thursdays 12pm -1pm
\$5 donation for a bag of groceries (pantry staples and fresh food) Available to everyone, no registration required.

Soup Bus - Ballarat On Track Foundation - free hot dinner
124 Armstrong St South, Ballarat. (Cameron's Welding and Industrial Supplies)
Monday – Thursday 7.30pm-9pm
Sunday 5.30 pm – 7.30pm no registration required

Food with Thought - Home cooked, frozen meals
Catering for Department of Veteran's Affairs cardholders, disability and over 65's in Ballarat and District 7 days a week.
To order meals and all enquiries contact Tina on
0427 844 312

Assistance

City of Ballarat- Ageing Well

In-home services (including home modification)
Social connection programs, activities and opportunities. Get involved in your community, be active and social with people sharing similar interests.
Delivered Meals – (Meals on Wheels)
Regional Assessment Service, which is a whole-of-life needs and ability assessment
Volunteering opportunities.
For people 65 yrs and over. Call My Aged Care, and have an assessment for the above services.
1800 200 422

Veteran Central- For Victorian veterans to interact with Ex-Service Organisations and get the support they need to maintain their wellbeing and link you to supports that are available
1300 645 838

Community Connection

Ballarat City Council - contact to find out what social support services are offered to residents in the area
5320 5500 or email info@ballarat.vic.gov.au
www.ballarat.vic.gov.au

Ballarat North Neighbourhood House
6 Crompton Street, SOLDIERS HILL
5329 1101 neighbourhoodhouse@salvationarmy.org.au

Wendouree Neighbourhood Centre
12-14 Violet Grove, WENDOUREE
5339 5069 wncadmin@ncable.net.au

Ballarat Neighbourhood Centre
11 Tuppen Drive, SEBASTOPOL
5329 3273 reception@ballaratnc.org.au

Ballarat East Neighbourhood House
1 Fussell Street BALLARAT EAST
0428 775 945 reception@ballarateastnh.org.au

Haddon Community Learning Centre
396 Sago Hill Road, HADDON
5342 7050 manager@haddonlearning.org.au

Men's Shed - provides a safe, friendly environment where men work on meaningful projects at their own pace in the company of other men to advance the well-being and health of men and to encourage social inclusion. To find your local Mens Shed **1300 550 009**
amsa@mensshed.net

Community Visitors Scheme brings together older people with caring, friendly volunteers from the community for friendship and companionship.
<https://era.asn.au/contact-us/become-a-care-recipient-cvs-client>
As a volunteer, meet someone who can share their wisdom and become a great friend. CVS volunteer one visit or contact (phone or letter) per fortnight.
<https://era.asn.au/what-we-do/community-visitors-scheme/the-role-of-a-cvs-volunteer>

Other information

Pharmacies and medication delivery
Most Ballarat pharmacies provide medication home delivery. (some charge a delivery fee, some are free)
Contact your preferred pharmacy to find out details.