

# THE IMPACT PROJECT

## SUPPORT AND SERVICES IN THE WHITEHORSE REGION

*There are lots of reasons people make the wrong choices. Peer pressure, drug and alcohol abuse and feelings of isolation, depression or anxiety can be significant factors in shaping how strong a person feels.*

*Talking to a trained support person can make a big difference, no matter how big or small the issue might feel. You can also speak to a counsellor if you are worried about a friend or family member. For non-judgemental confidential support for anything at all, you can contact:*

### Youth services, mental health and counselling

#### **eHeadspace**

Confidential, free, secure space to chat, email or speak on the phone with a qualified youth mental health professional.

1800 650 890

[www.eheadspace.org.au](http://www.eheadspace.org.au)

#### **Youth Connexions**

Youth information, support and referral centre – a free, comfortable, supportive environment providing information and assistance on a range of issues.

Suite 2, Level 1, Box Hill Centro South,  
Main St, Box Hill

9898 9340

<http://www.whitehorse.vic.gov.au>

#### **Kids' Help Line 1800 55 1800**

Free, private and confidential 24/7 phone and online counselling service.

[www.kidshelp.com.au](http://www.kidshelp.com.au)

#### **Lifeline**

24/7 crisis support and suicide prevention services.

13 11 14

[www.lifeline.org.au](http://www.lifeline.org.au)

#### **EACH**

Health, disability, counselling and mental health services.

1300 00 3224

[www.each.com.au](http://www.each.com.au)

#### **Anglicare**

Family, parenting and youth support and counselling.

7-11 Shipley Street, Box Hill

9896 6322

[www.anglicare.org.au](http://www.anglicare.org.au)

### **Uniting Care East Burwood Counselling Centre**

Counselling and emergency relief.  
220 Burwood Highway, Burwood East  
9803 3400  
[www.ucebc.org](http://www.ucebc.org)

### **Suicide help line**

Free, professional counselling open all hours.  
1300 651 251  
[www.suicideline.org.au](http://www.suicideline.org.au)

### **Headspace Knox Ozone**

Counselling and support for young people.  
Shop 3027, 2 Capital City Boulevard,  
509 Burwood Hwy, Wantirna South  
9801 6088  
[www.headspace.org.au](http://www.headspace.org.au)

### **Headspace Hawthorn**

Counselling and support for young people.  
Level 1, 360 Burwood Road Hawthorn  
Victoria 3122  
9006 6500  
[www.headspace.org.au](http://www.headspace.org.au)

### **Eastern Health Mental Health Program**

Child and youth mental health service.  
1300 721 927

### **Crisis Assessment and Treatment Team (CAT Team)**

Open all hours.  
1300 721 927

### **Switchboard**

Peer-driven support services for LGBTIQ+ people, their families, allies and communities.  
9663 2939  
[www.switchboard.org.au](http://www.switchboard.org.au)

### **Family Access Network**

For young people struggling with accommodation or homelessness.  
1030 Whitehorse Road, Box Hill  
9890 2673  
[www.fan.org.au](http://www.fan.org.au)

### **Melbourne City Mission - Frontyard Youth services**

Provide integrated services for young people experiencing homelessness, at risk of homelessness, disengaged or requiring support.  
1800 800 531  
[www.frontyard.org.au](http://www.frontyard.org.au)

### **Anxiety Disorder Association of Victoria**

Support, information and resources.  
9853 8089

### **Box Hill Hospital Child & Youth Mental Health Clinic**

Child-friendly GP and mental health support.

3/43 Carrington Rd, Box Hill

1300 721 927

### **Eastern Health Mental Health Program**

Mental Health assessment and intervention.

24-hour triage line: 1300 721 927

### **Victorian Aboriginal Health Services**

Preventative support, medical, dental, women and children's healthcare, counselling and financial support.

186 Nicholson St, Fitzroy

9419 3000

After hours: 132 660

### **Substance abuse support and advice**

#### **Youth Substance Abuse Service**

Drug and alcohol help and advice for young people.

Level 1, 16 Ellingworth Parade, Box Hill

9890 7855 or 1800 014 446 (24-hour toll-free service)

[www.ysas.org.au](http://www.ysas.org.au)

#### **Alcoholics Anonymous**

Regular local meetings and support.

9529 5948

[www.aa.org.au](http://www.aa.org.au)

### **Legal information and assistance**

#### **Eastern Community Legal Centre**

Suite 3, 27 Bank St, Box Hill

9285 4822

[www.eclc.org.au](http://www.eclc.org.au)

#### **Youth Law**

19 King St, Melbourne

9611 2412

[youthlaw.asn.au](http://youthlaw.asn.au)

#### **Fitzroy Legal Service**

Fitzroy Town Hall, Level 4

9419 3744

After hours: 0413 403 953

[www.fitzroy-legal.org.au](http://www.fitzroy-legal.org.au)

### **Road Trauma Support**

#### **Road Trauma Support Services Victoria**

Including free counselling services for those affected by road trauma.

1300 367 797

[www.rtssv.org.au](http://www.rtssv.org.au)

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