



Wellbeing links for your club

Sub region	Community Health Service – GP clinic	Phone	Website
Yarra Valley Region	Healesville Hospital & Yarra Valley Community Health	1300 130 381	http://www.easternhealth.org.au/locations/healesville-hospital-and-yarra-valley-health
Southern Region	Monash Health – Cardinia Cockatoo Pakenham Cranbourne	87685100 59687000 59410500 5990 6789	http://monashhealth.org/about-us/monash-health-sites/monash-health-community/
Dandenongs	Inspiro – Belgrave, Lilydale & Healesville	9028 0153	http://www.inspiro.org.au

Mental Health & Relationships

Relationships Australia	9725 9964	http://www.relationshipsvictoria.com.au
Parenting support - Parentline	132289	https://www.parentline.com.au/
Youth counselling - Inspiro	9028 0153	http://www.inspiro.org.au/our-services/younger-people
Family violence - EDVOS	9259 4200	http://www.edvos.org.au
Mental health – Youth HEADSPACE	98016088	http://headspace.org.au
Sexual Assault – ECASA	9870 7330	http://www.easternhealth.org.au/services/item/174-eastern-centre-against-sexual-assault-ecasa
Mental Health – Eastern Health Crisis & Assessment Team	1300 721927	http://www.easternhealth.org.au/site/item/103-catt-crisis-assessment-and-treatment-team



Men's Health	Phone	Website
Men's help - Mensline	1300 78 99 78	http://mensline.org.au/
Men's Referral service – No To Violence	1300 766 491	https://www.ntv.org.au/
LIFELINE	13 1141	http://www.lifeline.org.au
ANCHOR – Homelessness & Accommodation support	9760 6400	http://www.anchor.org.au

Alcohol and other drugs, gambling & legal support

Turning Point – Counselling & Treatment	1800778 278	http://www.easternhealth.org.au/services/alcohol-and-drug-services
Family Drug Helpline	1300 660 068	http://www.sharc.org.au/family-drug-help
QUITLINE (smoking)	13 78 48	http://www.quit.org.au
Gambling support on-line	1800 858 858	http://www.gamblinghelponline.org.au
Eastern Community Legal Centre	5962 1665	http://www.eclc.org.au