

RINGWOOD COMMUNITY RESOURCE GUIDE

MATERIAL AID

Maroondah Community Assist
Ringwood Office: 9870 3233
 2A Ringwood St Ringwood Open Mon– Fri 10am-2pm
Croydon Office: 9725 7920
 214 Mt Dandenong Rd, Croydon. Open Mon-Fri 9.30am-1pm
 Area Served: City of Maroondah. Offers food parcels only, tax help July-Oct, limited assistance with prescription medication, Telstra vouchers and utility bills, budget assist, community information.

The Salvation Army 9879 2894
Ringwood Office 53 Wantirna Rd, Ringwood
 Opening Hours: Mon, Wed & Fri 10am -2PM Strictly appointment only. Vouchers for material aid (furniture, household goods, clothing), Telstra bill vouchers.

Mooroolbark Office: 9727 4777
 305 Manchester Road (Cnr Manchester & Fletcher Rd), Chirnside Park.
 Mon 10am-12 PM Emergency relief, food packages and voucher.
 Mon, Tue & Thur Financial counselling (booking required).

Knox Infolink 9761 1325
 136 Boronia Road, Boronia 3155
 Mon-Fri 10am- 3pm by appointment, last app 2:45pm
 Food parcels, No Interest Loan Scheme (NILS), Tax help, fax service, interpreting service (appointment needed), mail holding service for people experiencing homelessness or in interim housing, advocacy & Telstra bill assistance

St Vincent De Paul 1300 305 330
 Home Drop Off Service. Opening Hours: Mon-Fri 10am-3pm (call centre). Areas of residence: All areas. Assistance Provided: Food Parcels, clothing & furniture.

Heathmont Inter Church Help (HICH) 9720 6757
 136 Canterbury Road, Heathmont 3135 Opening Hours: Mon-Fri 12pm-3pm
 Services City of Maroondah. Assistance: Food parcels only.

Doncare 9856 1500
 Suite 4, Level 1, Manningham City Square, 687 Doncaster Rd, Doncaster Opening Hours: Mon 9am-9pm, Tues- Thur 9am-5pm, Fri, 9am - 4 pm Area of residence: City of Manningham. Assistance: Food Vouchers and food parcels (residents only). Referrals for second-hand clothes and furniture.

North Ringwood Uniting Church Care 9876 5625
 14-16 Dickinson Crescent, North Ringwood, 3135
 Opening hours: Mon-Fri 10am-1pm. Services: Ringwood and Ringwood North.
 Food Parcels Only.

Croydon Uniting Church Helping Hand
 5A Mount View Road Croydon 9725 1115
 Opening Hours for Food and Vouchers – Monday, Tuesday, Thursday, Friday 9.30am to 11.45am. Free fruit and veg Wed 9.30am (no appointment required).

Travellers Aid
 Southern Cross Station 9670 2072
 Flinders Street Station 9610 2030
 Help with public transport costs within Victoria, also provides free showers (Southern Cross) and internet facilities. Must apply before 2pm for same day service.

FINANCIAL

Eastern Access Community Health (EACH) 1300 003 224
 46 Warrandyte Road, Ringwood 3134
 Area of residence: Maroondah, Knox, Yarra Ranges, Whitehorse, Boroondara, Monash and Manningham.

Gamblers Help Eastern 1300 131 973
Anglcare – Financial Counsellors 9896 6322
 Box Hill Office: 7-11 Shipley St Box Hill 3128

North Eastern Financial Counselling Program 1800 685 682

Energy Relief Grant Scheme (ERGS) – clients request an ERGS form from their company which they complete and return in the reply paid envelope enclosed

FAMILY & DOMESTIC VIOLENCE

Eastern Domestic Violence Service (EDVOS) 9259 4200
 Support, advice and counselling service for women and their children escaping family violence

Safe Futures 9877 0311
 Domestic Violence support workers and refuge accommodation

Domestic Violence Crisis Service 24 Hours 1800 015 188
 Service for men, women and children who have experienced or used domestic violence, counselling, referral to refuges and emergency accommodation

InTouch Multicultural Centre Against Family Violence
 Mon-Fri 10am-4pm 9413 6500 or Free Call 1800 755 988

Eastern CASA 9am-5pm 9870 7330 or 24hr: 1800 806 292

HOUSING

Uniting (Previously known as Uniting Harrison) 9051 3000
 C/o Knox Infolink 136 Boronia Rd, Boronia 3155
 Homelessness assistance

Eastern Homelessness Network 1800 825 955
 Help with emergency housing services connecting with other services (24 hrs 7 days a week)

Uniting Wesley 8870 4000
 291A Maroondah Highway, Ringwood 3134

Community Housing Ltd 9856 0050
 26-28 Prospect Rd, Box Hill 3128. Offers assistance with 'rent in advance' payments and rental arrears. Services City of Whitehorse, Maroondah, and Monash.

Office of Housing 9871 5199
 25 Ringwood St, Ringwood 3134, Administers the public housing waiting list, bond loan scheme if rent is less than 55% of income.

Women's Housing LTD (Cremorne) 9412 6868
 Mon-Fri 9am-5pm

Anchor Inc 9760 6400
 Youth Community and Homeless Support
 112 Main Street, Lilydale 3140

Front Yard Youth Services 9611 2411
 Mon-Fri 9am-8pm, Sat & Sun 10am-6pm
 19 King Street, Melbourne
 Drop in service, no referral required. 15-25 years.

St Kilda Crisis Centre 1800 627 727
 Phone Access 24/7, Face to Face Mon-Sun 9am-11pm
 29 Grey St, St Kilda 3182

Consumer Affairs Victoria 1300 558 181
 Tenancy advice & advocacy

Tenants Union of Victoria - General 9416 2577
Rooming House Residents 9441 1444
Public House Residents 1800 068 860

CARERS

Commonwealth Carer Resource Centre 1800 242 636
 Carer support kits, counselling, information and training

Carer Respite 1800 052 22

LEGAL AID & ADVICE

Eastern Community Legal Service Suite
 B, 6 Floriston Rd, Boronia 9762 6235 Suite 3,
 Town Hall Hub, 27 Bank St, Box Hill 9285 4822

VICTORIA LEGAL AID 9259 5444

23 Ringwood Street, Ringwood 3134
 Call weekdays between 08:45am-05:15pm for free info about the law and how legal aid can assist

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Women's Legal Service 8622 0600 or 1800 133 302
Free and confidential legal advice for women by women.

MULTICULTURAL & INDIGENOUS

AMES (Adult Migrant English Service) 13 26 37
Suite 5/45-51 Ringwood St, Ringwood. Mon-Fri 9am-5pm

Migrant Information Centre 9285 4888
Suite 2, 27 Bank St Box Hill 3128

Foundation House Ringwood 9879 4638 or 8788 3333
For survivors of torture.
Suite 5, 45-51 Ringwood Street, Ringwood 313

Victorian Aboriginal Legal Service 9418 5999 or free call 1800 064 865

Victorian Aboriginal Health Services - Medical 9419 3000
Oral Health & Dental Unit 9419 3680
Family Counselling Service 9403 3300
186 Nicholson Street Fitzroy 3065

MENTAL HEALTH

Eastern Mental Health Psychiatric Triage (CAT) 1300 721 927
Available 24/7. Community based assessment and treatment service for those aged 16-64 in psychiatric crisis

Eastern Child and Youth Mental Health Service (CYMHS) 1300 721 927
Services for children and young people up to 25

Nurse on Call 1300 606 024

DRUG & ALCOHOL

Turning Point 1800 888 236

Youth Substance Abuse Service (YSAS) 1800 458 685
1st Floor 16 Ellingworth Parade Box Hill 3128

YoDAA Youth Drug and Alcohol Advice 1800 458 685

Alcoholics Anonymous National: 1300 222 222
46 Porter St Prahran Melbourne: 9529 5948

Narcotics Anonymous 1300 652 820

Anglicare Drug & Alcohol Service 9735 4188 or 1800 809 722
Offices in Lilydale, Box Hill and Bayswater

COUNSELLING

Eastern Access Community Health (EACH) 1300 003 224
46 Warrandyte Road, Ringwood 3134

Knox Community Health Service/EACH 9757 6200
1063 Burwood Hwy, Ferntree Gully 3156
General Counselling

Relationships Australia 9725 9964
Relationships Counselling
83 Boronia Road Boronia 3155

FMC Mediation and Counselling Centre 1800 639 523
Counselling and Mediation
367 Maroondah Highway Ringwood 3134

Family Relationships Centre 9871 6300
Relationship Counselling, Parenting Workshops, Dispute Resolution & Parenting Orders Program. Level 1, 68 Charter Street Ringwood 3134 (moving in Sept)

Family Relationships Access Line 1800 050 321
Mon-Fri 8am-8pm, Sat 10am-4pm.
Service for families with relationship or separation issues.

Australian Centre for Grief & Bereavement 9265 2100
Specialist bereavement service.
253 Wellington Rd, Mulgrave 3170

HEALTH

Eastern Access Community Health (EACH) 1300 003 224
46 Warrandyte Road, Ringwood 3134
Counselling, physiotherapy, podiatry, occupational therapy, youth clinic

EACH dental clinic 1300 003 224
124 Mt Dandenong Rd, Ringwood East 3135

Maroondah Social & Community Health 9837 3999
75 Patterson St, Ringwood East 3135

Medicare Local 9871 1000
21-23 Maroondah Hwy Croydon

Beyond Blue www.beyondblue.org.au 1300 224 636

Kids Help Line www.kidshelpline.org.au 1800 551 800

Reach Out - Information for under 25's
www.reachout.com.au

Headspace www.headspace.org.au 9801 6088

5 Capital City Boulevard, Westfield Knox Ozone, Wantirna South 3152. Early Intervention and support for mental health 12-25 year olds.

Youth Mental Health Information www.itsallright.org

Women & Children's Health Network www.cyh.com
Child and youth health website with user friendly information about many aspects of health including for parents.

Better Health www.betterhealth.vic.gov.au

CRISIS SUPPORT

Life Line - 24 Hour telephone crisis counselling 13 11 14
Online crisis counselling 7pm-4am (AEST) 7 days www.lifeline.org.au

Kids Help Line - ages 5-25 telephone counselling free call 1800 551 800

GriefLine 1300 845 745
Grief counselling

Suicide Call Back Service 1300 659 467
24hr referral line for people at risk of suicide, people caring for someone who is suicidal or people bereaved by suicide.

Men's Line 1300 789 978
24 Hour telephone support and information line. Online and video counselling <https://www.mensline.org.au/>

Police Fire Ambulance 000

Child First 1300 369 146
Knox, Maroondah and Yarra Ranges, Box Hill & Glen Waverly

Parent Line (VIC) 13 22 89
Telephone counselling (cost of a local call) 8am-midnight 7 days

Smoking Quit Line 13 78 48

Gamblers Help Line 1800 858 858

Direct Line 1800 888 236
24 hr Drug & Alcohol Counselling & Referral

Eastern CASA 9870 7330 or 1800 806 292

Last updated 07/06/2019