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RESOURCES FOR BULOKE SHIRE FAMILIES WITH CHILDREN AGED 0-12



Enabling our families to find a service or facility when and where they want.

Advocacy	
Council of Single Mothers and Their Children	Links for help in meeting education costs; negotiating with agencies, advocacy, information and referral. Ph: 1300 552 511 (9:30am - 3:00pm). http://www.csmc.org.au/ Facebook: www.facebook.com/councilofsinglemothers
Health Commissioner	In order to improve the health and safety provided by health services, the Health Commissioner investigates complaints that have been unable to be resolved. Ph: 1300 582 113 (9-5, Mon to Fri). See https://hcc.vic.gov.au/ ,
Members of Parliament – State and Federal Government	Dr Anne Webster Member for Mallee (Federal Government issues, e.g. Medicare/ Centrelink), Ph: 5032 1436 (Swan Hill Office) or 1300 131 620 Email: anne.webster.mp@aph.gov.au Ms Jade Benham, Member for Mildura (State member) Ph: 5021 2828 Email: jade.benham@parliament.vic.gov.au ; Ms Martha Haylett, Member for Ripon (includes Charlton & Donald) Ph: 5461 1255 or 1300 782 539 Email: martha.haylett@parliament.vic.gov.au
Ombudsman – helping to resolve disputes between People and their Service Providers	Telecommunications Ombudsman, Ph: 1800 062 058 https://www.tio.com.au/ Water & Energy Ombudsman: Resolving disputes between Victorians and their Energy or Water Supplier, Ph: 1800 500 509 https://www.ewov.com.au/

	<p>Victorian Ombudsman: Dealing with complaints about Government Ph: 131 450 or 1800 806 314 https://www.ombudsman.vic.gov.au,</p>
Stronger Families, Stronger Children	<p>Local Learning & Employment Network Ph: 5491 1144 Email: ncllen@ncllen.org.au https://www.ncllen.org.au/</p>
Your Local Government representatives at Buloke Shire Council	<p>Buloke Shire Council website: https://www.buloke.vic.gov.au/councillors1</p>
Audiology	
Ballarat & Donald	<p>Donald Hearing Clinic (at Donald Hospital for school aged children & adults) By appointment through Ballarat Hearing Clinic, Ph: 5333 2999 Email: reception@ballarathearingclinic.com.au https://www.ballarathearingclinic.com.au/ Younger children seen at Ballarat. Doctor's referral required.</p>
Bendigo	<p>Bendigo Health (Doctor, Maternal Child Health Nurse or Allied Health referral required), Ph: 5454 8783 https://www.bendigohealth.org.au/AudiologyClinic/#patientinformation;</p> <p>Acoustic Health 450 Hargreaves St, Bendigo Ph: 4481 2820 Email: enquiries@acoustichealth.com.au https://www.acoustichealth.com.au/contact</p>
Horsham	<p>Wimmera Health Care Group (Doctor's referral required). Service for children aged 0-6 and people aged 18+ 83 Ballie St, Horsham Ph: 5381 9333 http://www.whcg.org.au/index.php/about-us/services/audiology</p> <p>Hearing Australia Ph: 13 44 32. https://www.hearing.com.au/</p>
Swan Hill	<p>Acoustic Health 40 McCallum St, Swan Hill Ph: 5032 4646 Email enquiries@acoustichealth.com.au https://www.acoustichealth.com.au/</p> <p>Country Hearing Care 21 High St, Swan hill including Telehealth consults Ph:1800 4352 748 or 5032 5970 https://chcare.com.au/</p>
Autism	
AMAZE (Autism Victoria): Information, Training & Resources	<p>Autism Information Advisor Service Line (funding for children 0-6 with Autism) Ph:1300 308 699 www.amaze.org.au</p>
Autism assessments	<p>Private: Child Health Invest, Bendigo Community Health (GP Referral needed), 19 Helm St, Kangaroo Flat Ph:5406 1200 https://www.bchs.com.au/child-health-investment-program</p>

	<p>Public: Bendigo Health Psychiatric Triage (Bendigo Hospital) Drought St, Bendigo Phone: 1300 363 788 https://www.bendigohealth.org.au/MentalHealthRegionalTriage/</p>
Clinical Psychologists working with children on the autism spectrum/Child Psychology	<p>Bendigo: Bendigo Psychology 37 Wills St, Bendigo Ph:5443 2281 https://bendigopsychology.com.au;</p> <p>Clinical Psychology Victoria 413 Napier St, White Hills Ph: 5443 1090 Email:reception@cpvic.com.au; Clinical Psychology Victoria – Leading Care, Learning and Research. (cpvic.com.au)</p> <p>AWG Psychology, Emu Creek Health Professionals 955 Wellington Way, Strathfieldsaye Ph: Aaron 0434 821 545 Email: mail@awgpsychology.com.au https://www.awgpsychology.com.au</p> <p>Warracknabeal: Melanie Wallis Ph: 0417 781 530 Email: psychology@melaniewallis.com.au</p> <p>Wimmera Psychology Ph:0488 488 088 https://www.wimmerapsychology.com.au/</p> <p>Therapy Connect Ph: 1300 757 806 https://therapyconnect.com.au/about/</p>
Occupational Therapy link for dealing with common sensory issues – biting; children having hair brushed; not sitting still; not tolerating noise or textures; fussy eating; bath time; poor sleeping; not listening; brushing teeth; avoiding movement or touch; changes to routines without notice; tips for coping with school.	<p>For tips & plans on managing these issues, please download the guide at https://www.gov.gg/CHttpHandler.ashx?id=107388&p=0</p> <p>Also see Occupational Therapists listings.</p>
Berriwillock – General Information	http://berriwillock.vic.au/
Birchip – General Information	http://birchip.vic.au/
Breast Feeding Support	
Australian Breastfeeding Association	<p>Breast feeding helpline/counselling Ph:1800 686 268 https://www.breastfeeding.asn.au/ https://www.mcgrathfoundation.com.au</p>
Cancer – McGrath Nurses	
Bendigo	Rosemary Gillies, rosemary.gillies@sjog.org.au ; 0412 487 086.
Horsham	Allison Hicks, alison.hicks@whcg.org.au 0427 811 269.
Swan Hill & Buloke Shire	Leanne Bibby, lbibby@shdh.org.au ; 5033 9202 / 0408 013 386.
Cancer – Canteen	<p>Support for young people affected by cancer – self, parent, sibling, friend Ph:1800 835 932 o www.canteen.org.au</p>
Cancer – see <u>Palliative Care</u>	

Carer's Support	
Carer Support Services (including Buloke Shire)	Bendigo Health Carer Support Services, Intake, carer support for non-NDIS clients; respite and emergency respite service 100 Barnard St, Bendigo Ph: 1800 068 978, Email: info@bendigohealth.org.au https://www.bendigohealth.org.au/CarerSupportService/
Carer Support – Mallee Track Health and Community Service	Sea Lake 33-43 McClelland St, Sea Lake Ph; 5092 1111 https://www.mthcs.com.au/services/community-services/carers-support-groups
Carer Advisory Line	Need assistance or a break, Ph: 1800 514 845 (8.30am-5pm) reception@carersvictoria.org.au www.carersvictoria.org.au .
Foster Child Health Care Card	Foster carers or those caring for someone else's child can apply for the card (not income tested). See https://www.servicesaustralia.gov.au/individuals/services/centrelink/foster-child-health-care-card
Grandparent & Non-Parent Carers Advisory Line	Assistance with Medicare, registering for Child Care Subsidy, Centrelink Ph:1800 245 965. Ask to speak with a social worker on 132 850 if there are ongoing difficulties with service registration.
Centrelink – Services Australia	
Assistance for Isolated Children (rural/remote)	132 318
Carer Payments/Allowance, People with Disability	132 717
Families: Child Care Subsidy, Parenting Payment, Dad & Partner Pay, Family Tax Benefit, Parental Leave Pay.	136 150
Emergency Assistance – Crisis payment & Special Benefit.	132 850
Employment Services, including Job Seeker	132 850
Farm Assistance & Farm Household Allowance	132 316
Income Management/Basics Card	1800 132 594
Scams and Identity Theft	1800 941 126
Social Worker/Help in an Emergency	132 850
Youth Allowance; Austudy; Health Care Card; pensioner education supplement	132 490
<i>If you need assistance with programs, payments, counselling or referral, please ask for telephone contact or an appointment with the social worker on 132 850. Alternatively, consider chatting or visiting with one of Buloke's Centrelink Advocate – Agents at either Charlton 5491 2204 or Donald 5497 1707 (8:30am - 5:00pm). Access Point at Wycheproof Community Resource Centre, 5493 7455. Centrelink contacts: https://www.servicesaustralia.gov.au/individuals/contact-us/phone-us#centrelink</i>	
Chances for Children	Mallee Family Care Financial assistance, scholarships and mentoring for young people in the Mallee. Ph: 5023 5966 Email: chances4children@malleefamilycare.com.au www.chancesforchildren.com.au
Charlton – General Information	http://charlton.vic.au/
Chemist	
Birchip	Pharmacy Excellence 51 Cumming Ave, Birchip Ph: 5492 2420

	Email: birchip@pharmacyexcellence.com.au https://www.pharmacyexcellence.com.au/
Charlton	Charlton Pharmacy 23 High St, Charlton Ph: 5491 1521 Email: charlton@pharmacyalliance.net https://www.facebook.com/people/Charlton-Pharmacy/100057508237646/
Donald	Donald Pharmacy 62 Woods St, Donald Ph: 5497 1240 Email: donald@caremorepharmacy.com.au
Sea Lake	Sea Lake Pharmacy 100 Best St, Sea Lake Ph: 5070 1003 Email: sealakepharmacy@gmail.com https://www.facebook.com/SeaLakePharmacy3533
Wycheproof	Wycheproof Pharmacy Depot 314 Broadway, Wycheproof Ph: 5493 7413 Email: wycheproofpharmacydepot@outlook.com https://www.facebook.com/boortcommunitypharmacy/ Wycheproof Pharmacy 332 Broadway, Wycheproof Ph: 5493 7030.
Child Care	
Birchip	Birchip Early Learning Centre 43-47 Campbell St, Birchip Ph: 4311 1505 or; 0490 529 213 Email: birchip@ykinders.org.au https://ykinders.org.au/centres/birchip/ Little Tikes Family Daycare 20 Campbell St, Birchip Ph: 0437 846 988
Donald	Donald Long Daycare 10 Houston St, Donald Ph: 4311 1567_ Email: birchipLDC@yballarat.org.au https://yballarat.org.au/long-day-care-centres/
Sea Lake	Sea Lake Early Learning Centre 55 Mudge St, Sea Lake Ph: 5070 1387 https://www.mthcs.com.au/community/sea-lake/sea-lake-early-learning-centre
St Arnaud	St Arnaud Early Learning Centre 7/3 Wlaker St, St Arnaud Ph: 5495 2666 Email: Jenny.Douglas@ngshire.vic.gov.au https://www.ngshire.vic.gov.au/Community/Early-Years-Services/Long-Day-Care/St-Arnaud-Early-Learning-Centre
Wycheproof	Wycheproof Long Daycare 36 High St, Wycheproof Ph: 4311 1531 Email: WycheproofLDC@ballarat.org.au https://yballarat.org.au/long-day-care-centres/
Child Care Access Hotline	Information and contacts for approved childcare providers, 8:00am – 6:00pm Monday to Friday.

	Ph:1800 670 305,
Childcare Subsidy Helpdesk	9:00am – 5:00pm (Monday to Friday), Ph:1300 667 276 Email: ccshelpdesk@dese.gov.au https://www.education.gov.au/about-department/contact-us
Child First	For Families who need assistance with care and wellbeing of children and to access services they need to be safe and supported Ph: 1800 290 943 (through the Orange Door service) https://orangedoor.vic.gov.au
Child Support	Enquiry line: 131 272, https://www.servicesaustralia.gov.au/individuals/child-support
Chiropractor	Charlton Massage Clinic 3 High St, Charlton Ph: 5491 1177 https://charltonmc.com/ Back for Life Wellness Centre 119 Firebrace St, Horsham Ph: 5381 1892 https://back4life.com.au/ Wimmera Chiropractic Centre (Horsham and Warracknebeal) 82 Ballie St, Horsham Ph: 5382 2528 Or 33 Woolcock Rd, Warracknabeal Ph: 5398 1899 https://www.wimmerachiro.com.au/ Mid-Murray Chiropractic 43 Beveridge St, Swan Hill Ph:5032 9366. Email: wellness@mmchiro.com.au https://mmchiro.com.au/
Clubs & Groups for Leisure Time	Enquire at your local Neighbourhood House or see https://www.buloke.vic.gov.au/recreation-reserves for all Club/Recreation Reserve information. See https://www.buloke.vic.gov.au/community or all community groups/opportunities.
Community Health Nurse	East Wimmera Health Service Intake Ph: 5477 2173 Email: intake@ewhs.org.au ; Mallee Track Health & Community Service: Ph: 5070 2155 Email: mail@methcs.vic.gov.au https://www.methcs.com.au/
Community Grants	Bendigo Bank: Charlton & Wycheproof through Charlton branch 39-41 High St, Charlton Ph: 5491 2322 https://www.bendigobank.com.au/siteassets/branchassets/communitycompanies/northcentralfinancialserviceslimited/sponsorshipgrants/sponsorship-form---ncfs-2019.pdf ; Donald & District Community Bank

	<p>61-63 Woods St, Donald (Application forms in store) Ph: 5497 1194</p> <p>Government Grants: www.vic.gov.au/grants</p>
<p>Computers, refurbished</p>	<p>Refurbished and affordable Information Technology from B2B Recyclers. Ph:03 9005 0101 Email: info@b2crecyclers.com.au www.b2crecyclers.com.au</p>
<p>Continence Nurse <i>Help with bedwetting & bowel issues</i></p>	<p>Bendigo Health Ph: 5454 8500, press 1 for Rehabilitation, then 3 for continence. 100 Barnard St, Bendigo https://www.bendigohealth.org.au/Continenceserviceclinic/</p> <p>Swan Hill District Health Community Rehabilitation centre Cnr McCrae and Splatt St, Swan Hill Ph: 5033 9321 https://www.shdh.org.au/our-services/community-rehabilitation-centre/</p> <p>Kerang District Health 13-15 Burgoyne St, Kerang Ph: 5450 9200 Email: contact@kdh.org.au https://www.kdh.org.au/</p> <p>Wimmera Health Care Group Horsham 83 Ballie St, Horsham Ph: 5381 9111 Continenence Service (whcg.org.au) http://www.whcg.org.au/index.php/about-us/services/continence-service</p> <p>National Continence Helpline: The National Continence Helpline, continence nurse specialist provides literature, information & Services Ph: 1800 330 066 Mon to Fri 8-8.</p>

<p>Coronavirus Assistance</p>	<p>Coronavirus Hotline: 24 hrs/7 days a week, advice if you have symptoms, information about restrictions, avenues for extra support if without support networks, etc., 1800 020 080 also see Victorian Government's Department of Health and Human Services updates at: https://www.vic.gov.au/coronavirus</p> <p>Coronavirus Mental Wellbeing Support Services https://www.coronavirus.vic.gov.au/mental-health-support</p> <p>Also see Counselling.</p>
<p>Council Services</p>	<p>Buloke Shire Council services that families may like to access include: Maternal Child Health; Library Service; Playgroups (listed under Education); Pet registration; rubbish collection, landfill hours and recycling schedules.</p> <p>Ph: 1300 520 520 https://www.buloke.vic.gov.au/</p>
<p>Counselling</p>	<p>Also see categories – Drug, Alcohol or Gambling Counselling; Mental Health and Counselling (more psychology options) or Relationship Counselling.</p>
<p>Social Worker/Emotional Wellbeing Counsellor/Counsellor:</p>	
<p>Birchip, Charlton, Donald Wycheproof</p>	<p>East Wimmera Health Service Intake Ph: 5477 2222 Email: intake@ewhs.org.au https://ewhs.org.au/services/community-health</p> <p>Or enquire in person at local EWHS campus</p> <p>Birchip 26 Duncan St, Birchip</p> <p>Charlton 4 Learmonth St, Charlton</p> <p>Donald Aitken Ave, Donald</p> <p>Wycheproof 19 Grandview St, Wycheproof</p>
<p>Bendigo Community Health Counselling</p>	<p>165-171 Hargreaves St, Bendigo Ph: 5448 1600 Email: bchs@bchs.com.au https://www.bchs.com.au/counselling</p>
<p>Boort, Quambatook, Kerang</p>	<p>Northern District Community Health (includes generalist and youth counselling) Ph: 5451 0200 Locations; 119-121 Godfrey St, Boort 33 Mildred St, Quambatook 24 Fitzroy St, Kerang http://www.ndch.org.au/counselling.html</p>
<p>Horsham</p>	<p>Droylsden House 143-145 Ballie St, Horsham Ph: 0488 488 068 https://droylsden.com.au/</p> <p>Grampians Community Health</p>

	<p>70-72 Hamilton St, Horsham Ph: 5358 7400 https://gch.org.au/service/psychological-therapy-service-pts/</p> <p>Wimmera Health Care Group Ph; 5381 9333 (social work); 83 Ballie St, Horsham http://www.whcg.org.au/about-us/services/social-work</p> <p>Wimmera Uniting Care 185 Ballie St, Horsham Ph: 5362 4000. https://www.unitingvictas.org.au/services/mental-health/</p> <p>Wimmera Psychology 143-145 Ballie St, Horsham Ph: 0488 488 088 https://www.wimmerapsychology.com.au/</p>
Inglewood	<p>Inglewood & Districts Community Health Service 3 Hospital St, Inglewood Ph: 5431 7000 Email: gch@gch.org.au https://www.idhs.vic.gov.au/community-services</p>
Swan Hill	<p>Swan Hill District Health Counselling Department, 13 Prichard St, Swan Hill Ph: 5033 9880 Email: CReception2@shdh.org.au https://www.shdh.org.au/our-services/counselling-services/</p> <p>Baudinet Psychological Practice 44 Rutherford St, Swan Hill Ph;5032 1199 Email: baudinet@thebaudinetcentre.com</p> <p>The Swan Hill Therapy Hub- Liz McDonald Counselling 450 Campbell St, Swan Hill Ph: 0438 835 273 Email: reception.lizmcdonald@gmail.com https://www.lizmcdonaldtherapyhub.com/</p>
Warracknabeal	<p>Rural Northwest Health Social Work, counselling, health/wellbeing coordinator. 18 Dimboola Rd, Warracknabeal Ph: 5396 1200 Email: reception@rnh.net.au https://rnh.net.au/services/community-health/social-work/</p>
Children's Counselling	<p>Bendigo: AWG Psychology 955 Wellington St, Strathfieldsaye Ph: 0434 821 545 http://www.awgpsychology.com.au/</p> <p>Horsham: Wimmera Psychology 143-145 Ballie St, Horsham Ph: 0488 488 088 https://www.wimmerapsychology.com.au/</p> <p>Horsham: Dr Kate Alessia Droylsden House 143-145 Ballie St, Horsham Ph; 0400 444 040 https://droylsden.com.au/practitioner/dr-kate-alessia/</p> <p>Swan Hill: Baudinet Psychological Practice 44 Rutherford St, Swan Hill Ph;5032 1199</p>

	<p>Email: baudinet@thebaudinetcentre.com</p> <p>The Swan Hill Therapy Hub- Liz McDonald Counselling 450 Campbell St, Swan Hill Ph: 0438 835 273 Email: reception.lizmcdonald@gmail.com https://www.lizmcdonaldtherapyhub.com/</p> <p>East Wimmera Health Service Intake Ph: 5477 2222 Email: intake@ewhs.org.au https://ewhs.org.au/services/community-health</p> <p>Or enquire in person at local EWHS campus Birchip 26 Duncan St, Birchip</p> <p>Charlton 4 Learmonth St, Charlton</p> <p>Donald Aitken Ave, Donald</p> <p>Wycheproof 19 Grandview St, Wycheproof</p>
Culgoa – General Information	http://www.victorianplaces.com.au/culgoa
Dental	
Bendigo	<p>Bendigo Smiles 78 Arnold St, Bendigo Ph; 5441 6447 Email: enquiries@bendigosmilesdentist.com.au; https://www.bendigosmilesdentist.com.au/</p> <p>Community Dental Service (Bendigo Health) Level 7, East Building 100 Barnard St, Bendigo Ph: 5454 7994 Email: dental@bendigohealth.org.au https://www.bendigohealth.org.au/dentalservices/</p>
Boort	<p>Boort Dental Clinic 2 Coutts St, Boort Ph: 5451 5230 http://bdh.vic.gov.au/dental-services/dental-care.html</p>
East Wimmera Health Service	<p>Central Intake- (Health Care Card Holders), Ph:5477 2173 Email: intake@ewhs.org.au https://ewhs.org.au/services/community-health</p>
Horsham	<p>Wimmera Health Care Group, (Health Care Card Holders with children up to 17 free) Ph: 5381 9111 Email: http://www.whcg.org.au/index.php/about-us/services/dental-and-prosthetic-clinic</p>
Royal Flying Doctors	<p>Makes periodic visits Ph: 8412 0444 Email: dental@rfdsvic.com.au https://www.flyingdoctor.org.au/vic/what-we-do/mobile-dental-care/</p>

Sea Lake & District	Mallee Track Health & Community Service Ouyen Ph; 5092 11121 33-43 McClelland Ave, Sea Lake https://www.mthcs.com.au/services/primary-health-services/dental
St Arnaud	St Arnaud Family Dental 104 Napier St, St Arnaud Ph: 5495 2559 Email: reception@starnauddental.com.au http://starnauddental.com.au/
Swan Hill	Swan Hill Dental Group 75A McCallum St, Swan Hill Ph: 5032 1408 https://www.swanhilldentalgroup.com.au/ Swan Hill District Health (health care card holders) 30 High St, Swan Hill Ph: 5033 9336 https://www.shdh.org.au/our-services/dental-services/ Swan Hill Smiles 259 Beveridge St, Swan hill Ph; 5033 1115 Email: enquiries@swanhillsmiles.com.au https://www.swanhillsmiles.com.au/
Warracknabeal	Warracknabeal Dental Clinic 47 Lyle Street, Warracknabeal Ph: 5398 1553 https://www.warrackdental.com.au/
Dietician	
Boort, Kerang, Quambatook, Cohuna, Pyramid Hill	Northern District Community Health 24 Fitzroy St, Kerang 119-121 Godfrey St, Boort 33 King Edward St, Cohuna 12 Victoria St, Pyramid Hill 33 Mildred St, Quambatook Ph: 5451 0200 http://www.ndch.org.au/dietitian.html
East Wimmera Health Service	Ph: 5477 2222 Email: intake@ewhs.org.au https://ewhs.org.au/services/community-health
Sea Lake & Swan Hill	Swan Hill District Health 125 Campbell St, Swan Hill Ph: 5033 9337 Email: chreception@shdh.org.au https://www.shdh.org.au/our-services/dietetic-services/
Minyip	West Wimmera Health Service Ph: 5391 4267 Email: intake@wwhs.net.au https://www.wwhs.net.au/community_care/allied_health_services/dietetics
Warracknabeal	Rural Northwest Health 18 Dimboola Rd, Warracknabeal Ph: 5396 1200 Email: reception@rnw.net.au https://rnw.net.au/services/community-health/dietitian/
Disability	
Advocacy & Support Line for parents of children with a disability	Association for Children with a Disability Ph: 1800 654 013 https://www.acd.org.au/support-line
Carer Support	Bendigo Health Care Group – Swan Hill. Access through Carer Gateway Ph: 1800 422 737

	<p>www.carergateway.gov.au or;</p> <p>Bendigo Health carer Support Services Ph: 1800 068 978 Email: carersupportservices@bendigohealth.org.au https://www.bendigohealth.org.au/CarerSupportService/</p>
Early Childhood Early Intervention Partner (NDIS).	<p>Intake: Intereach 426 Hargreaves Street, Bendigo, Mon to Fri, 9:00 - 5:00, Ph: 1300 488 226 Email lac@intereach.com.au https://www.intereach.com.au/</p> <p>Swan Hill 215 Campbell Street, Swan Hill Ph: 1300 488 226</p> <p>Horsham 142 Firebrace Street, Horsham Ph: 1800 242 696.</p>
Early Childhood Intervention Service (covering Buloke Shire)	<p>Noah's Ark Swan Hill (Provides home-based interventions for children, including speech pathology, occupational therapy and physiotherapy 64 Pye St, Swan Hill Ph: 1800 819 140 Email: hello@noahsarkinc.org.au https://www.noahsarkinc.org.au/</p>
Family Relationship Support for Carers of people with disability (mediation, counselling and skills development /planning).	<p>1300 303 346 (EACH) http://www.each.com.au/service/family-relationship-support-for-carers/</p>
Home and Community Care	<p>Buloke Shire Home & Community Care Coordinator 367 Boardway St, Wycheproof Ph: 1300 520 520 Email; buloke@buloke.vic.gov.au http://www.buloke.vic.gov.au/how-to-access-aged-and-disability-services-</p>
Information and Advocacy	<p>RIAC (Rights, information and Advocacy Centre) Ph:5222 5499 Email (referrals): referrals@riac.org.au www.riac.org.au</p>
Mallee Sports Assembly	<p>Access to sports activities regardless of abilities 280 Broadway St, Wycheproof Ph: 0427 780 109 or: 5493 7796 Email: wycheproof@malleesportsassembly.org.au https://www.malleesportsassembly.org.au/</p>
Registered NDIS Provider	<p>Northern District Community health Servies 16-30 Fitzroy St, Kerang Ph: 5451 0200 Email: ndis@ndch.org.au www.ndch.org.au</p>
Respite – Flexible respite for carers caring for family member with autism, mental illness and disability	<p>Through Carer Gateway Ph: 1800 422 737 https://www.carergateway.gov.au/</p>
<p>Doctor (including referral to paediatrician). Families who speak English as a Second Language may ask clinics to link you to the Translating and Interpreter Service phone: 131 450.</p>	
Birchip Medical Clinic	<p>26-28 Duncan St, Birchip Ph: 5477 7105 Email: reception@birchipmedical.com.au</p>
Boort District Medical Centre	<p>2 Couatts St, Boort</p>

	Ph: 5451 5220 Email: medicalreception@bdh.vic.gov.au
Charlton Medical	Including a rural women's GP Service through Royal Flying Doctors Service. 2 Learmonth St, Charlton Ph: 5477 6888 https://charltonmedical.com.au/
Donald Family Clinic	7 McCracken Ave, Donald Ph: 5497 1100 Email: pracmanager@donaldfamilyclinic.com.au
Mallee Track Medical Clinic Sea Lake	33-43 McClelland St, Sea Lake Ph: 5070 2118 Email: surgery@mthcs.vic.gov.au https://www.mthcs.com.au/community/sea-lake/sea-lake-medical-clinic
Swan Hill Clinics	Primary Health Medical Clinic 31 High St, Swan Hill Ph: 5033 9900 https://www.shdh.org.au/medical-centre/ Swan Hill Medical Group 54/56 McCrae St, Swan Hill Ph: 5033 1711 https://www.swanhillmedicalgroup.com/
Kerang	Northern District Community Health Medical Clinic 16-30 Fitzroy St, Kerang Ph: 5452 1366 http://www.ndch.org.au/clinic-information.html
Woomelang Bush Nursing Centre	16 Proctor St, Woomelang Ph: 5072 6100 http://www.wbnc.org.au/
Wycheproof Medical Centre	23 Grandveiw St, Wycheproof Ph: 5493 7672 Email: drkmulligan@wychemedical.com.au
After Hours GP Helpline	Ph: 1800 022 222.
Domestic Violence & Related Services	1800 Respect , National sexual assault, domestic and family violence counselling and information referral service (24 Hour Assistance) Ph: 1800 737 732 https://www.1800respect.org.au/ Mallee Domestic Violence Service Ph: 5033 1899 (Swan Hill) https://msau-mdvs.org.au/ Djirra Aboriginal Family Violence Legal Service Mon to Fri, 9-5 for legal/non-legal support to Aboriginal people experiencing/having experienced family violence. Ph: 1800 105 303 https://djirra.org.au Yarning SafeNStrong Ph: 1800 959 563 24hrs, every day. https://www.vahs.org.au/yarning-safenstrong/ In Touch, Multicultural Centre Against Family Violence (9am-5pm), for women & children from culturally & linguistically diverse backgrounds Ph: 1800 755 988 https://intouch.org.au Lookout Service Directory for the Mallee: https://www.thelookout.org.au/service-directory

	<p>The Orange Door Ph:1800 290 943 Orangedoor.vic.gov.au</p> <p>Safe Steps Family Violence Response Centre, support information & referral to safe crisis accommodation. Ph: 1800 015 188 https://www.safesteps.org.au/</p> <p>With Respect LGBTIQ+ Family Violence Service Ph: 1800 542 847 https://www.withrespect.org.au</p> <p>Men's Referral Service, counselling/support about behaviour, (Mon to Fri 9-9) Ph: 1300 766 491 Email: info@mrs.org.au</p>
Donald – General Information	https://www.wimmeramalleetourism.com.au/donald/
Drug, Alcohol or Gambling Counselling	
ACSO Assessment Line for Alcohol and Drug issues	ACSO (Australian Community Support Organisation) for intake into local providers. Ph: Ph:1300 022 760 Email: asco@asco.org.au https://www.acso.org.au/
Alcohol & Drug Information/telephone counselling Service	1800 888 236 (24 hours) www.directline.org.au
Bendigo Community Health	Adult and youth counselling Ph: 5448 1699 Email: bchs@bchs.com.au https://www.bchs.com.au/mental-health
Direct Line	Alcohol and drug counselling and referrals for Victorians Ph: 1800 888 236, 24hrs/7 days https://www.directline.org.au/
EACH Counselling/Services	Ph: 1300 003224 https://www.each.com.au/
East Wimmera Health Service	Ph: 5477 2173 Email: intake@ewhs.org.au
Northern District Community Health (visits Buloke Shire for Drug & Alcohol Counselling/Withdrawal service)	Please call ACSO for intake Ph: 1300 022 760 https://www.acso.org.au/referrals/aod/ Northern District Community Health Kerang office Ph: 5451 0200
SalvoCare Northern	Via ACSO 1300 022 760 or; walk into Swan Hill office 190-192 Beveridge St, Swan Hill Ph: 5033 1718 https://www.acso.org.au/referrals/aod/
Swan Hill Counselling Service	Swan Hill District Health Counselling Service (for drug 1-1 counselling and or withdrawal programs) 13 Pritchard St, Swan Hill Ph: 5033 9880 https://www.shdh.org.au/our-services/counselling-services/ Please call ACSO for intake Ph: 1300 022 760 https://www.acso.org.au/referrals/aod/
Wimmera Uniting Care (Alcohol and Other Drugs Counselling),	Ph: 1800 195 114 (BH) for intake https://www.unitingvictas.org.au/services/alcohol-other-drugs/ Or; ACSO Ph: 1300 022 760

	https://www.acso.org.au/referrals/aod/
Gamblers Help	Ph: 1800 244 323 https://gamblershelp.com.au/
Drug Screening Locations	Donald Campus of East Wimmera Health Service Aitken Ave, Donald Ph; 5478 6200 Email: donald@ewhs.org.au St Arnaud Campus of East Wimmera Health Service 52 North Western Rd, St Arnaud Ph: 5477 2100 Email: starnaud@ewhs.org.au https://ewhs.org.au/
Education – General Information	
Primary & Secondary School	Accept enrolments throughout the year. General information (birth to 18 years). www.education.vic.gov.au Families in need can ask their school for information about accessing the State Schools Relief Program and the Camps, Sports and Excursions Fund.
Education – Birchip & Watchem	
Birchip Playgroup	Meets Friday's 10am-12am at Birchip IHOM Room, 2 Corack Road, Birchip. https://www.facebook.com/BirchipPlaygroup/
Birchip Tiny Bulls Playgroup	Playgroup Monday's 10:30am-12:00pm during school terms at the Birchip IHOM Room, 2 Corack Road. Families just attend or for enquiries, please contact Mallee Family Care and ask for a Supported Playgroup Facilitator on 03 5032 4479 or ctepper@malleefamilycare.com.au
Shake, Rattle and Read	Enquiries to Birchip P-12 School 5492 2287.
Birchip Early Learning Centre	0490 529 213; birchip.kin@kindergarten.vic.gov.au yeym.enrolments@ymca.org.au
Birchip P-12 School	5492 2287, http://www.birchip.vic.edu.au/
Watchem Supported Playgroup – Small Talk	Watchem Hub, enquiries to 0437 951 948.
Education – Charlton	
Charlton Playgroup	Enquiries to Kelly: 0487 459 772 Email: playgroupcharlton@gmail.com Meets at St Joseph's Primary School Multipurpose room (25 Watson St, Charlton)
Charlton Pre-School	0428 333 902; charlton.kin@kindergarten.vic.gov.au
St Joseph's Primary School	5491 1343, http://www.sjcharlton.catholic.edu.au/ admin@sjcharlton.catholic.edu.au
Charlton College	5491 1280, charlton.p12@education.vic.gov.au http://www.charlton.vic.edu.au/
Education – Donald	
Dynamic Butterflies Playgroup	Playgroup Thursday's 10:30am-12:00pm during school terms at the East Laen Building, Donald Primary School. Families just attend or for enquiries, please contact Mallee Family Care and ask for a Supported Playgroup Facilitator on 03 5032 4479 or ctepper@malleefamilycare.com.au

Donald Active Playgroup	Meets Tuesday mornings at the 'Big Shed', Donald Primary School 9:30am-11am. Enquiries to Julia: 0417 126 069, joolz@hotmail.com
Donald Kindergarten	5497 1465 or donald.kin@kindergarten.vic.gov.au mailto:myeym.enrolments@ymca.org
Donald Primary School	5497 1581; school counsellors available. *Serviced by buses from surrounding rural areas, donald.ps@edumail.vic.gov.au http://www.donaldps.vic.edu.au/
Donald St Mary's Primary School	5497 1116, principal@smdonald.catholic.edu.au http://www.smdonald.catholic.edu.au/
Donald High School	5497 1205, donald.hs@education.vic.gov.au http://www.donaldhs.vic.edu.au/
Education – Nullawil	
Nullawil Primary School	5493 5260, nullawil.ps@education.vic.gov.au http://www.nullawilps.vic.edu.au/
Playgroup enquiries	Bree-Anna Poyner: 0423 737 251/Lauren Poyner: 0437 249 528.
Education – Sea Lake	
Tiny Cubs Community Playgroup	Wednesday mornings during term from 9:45am-11:15am at St Mary of the Cross Community Centre, 47 Hannon St, adjacent to St Mary's School. For bookings, please contact Susie on 0429 771 750, sbryan@malleefamilycare.com.au
Sea Lake Kindergarten	5070 1387; sea.lake.kin@kindergarten.vic.gov.au
St Mary's Primary School	5070 1272; www.smsealake.catholic.edu.au
Tyrrell College	5070 2106; www.tyrrell.vic.edu.au , tyrrell.co@edumail.vic.gov.au
Education – Wycheproof	
Books and Fun playgroup	Enquiries to Kelly 0487 459 772 Meets at Old Wycheproof Kindergarten
Playful Potoroos Playgroup	Playful Potoroos 10:30am to 12:00pm, Fridays (during school terms); at Wycheproof Early Years Centre, Cnr High & Mount Sts; Families just attend or for enquiries, please contact Mallee Family Care and ask for a Supported Playgroup Facilitator on 03 5032 4479 or ctepper@malleefamilycare.com.au
Wycheproof Kindergarten	(03) 4311 1591; Wycheproof.kin@kindergarten.vic.gov.au
Wycheproof P-12 College	5493 7409; http://www.wychep12.vic.edu.au/ wycheproof.p12@education.vic.gov.au
Emergency	000 (Ambulance, Fire, Police). Emergency + App: if in phone range, allows you to access your GPS coordinates so you can tell emergency services exactly where to find you.
Employment	
Birchip – 77 Cumming Ave	Job Active clients- Workforce Australia visits Ph: 132 848.
Charlton – 66 High St	Job Active & Disability Employment Services through Workforce Australia Ph: 132 848 Axis Employment visits Ph: 5032 5224.
Donald –31 Woods St	Job Active clients, Workforce Australia

	Ph: 132 848; Axis Employment 5032 5224.
Sea Lake – 200 Best St	Job Active clients, Workforce Australia visits Ph: 132 848;
St Arnaud & Swan Hill	Axis Employment, assists parents on parenting payment with children turning 6 into employment, appointments through Horsham (visits St Arnaud) 5381 1622, Swan Hill 5032 5224 or 1800 054 718 (Mon –Fri, 8:30 – 5:00 pm), swanhill@caei.com.au ; Swan Hill: Axis Employment 5032 5224; CVGT (Active & Disability Employment Services) 132 848; -MADEC Australia 5033 0025, swanhill@madec.edu.au ; -Murray Mallee Training Co. Ltd., 5033 1216, grouptraining@mmtc.com.au -Wdea Works, helping people with disabilities into the workforce: 03 4026 0010, swanhill@wdeaworks.org.au
Wycheproof – 280 Broadway	Job Active clients, CVGT visits, 132 848.
Exercise Opportunities	Berri Fitness (Berriwillock) 0428 792 394; exercise classes/Exercise Physiologist visits, Mallee Track Health & Community Service, Sea Lake 5070 2155. Exercise Physiology East Wimmera Health Service PH: Intake 5477 2173 Email: intake@ewhs.org.au
Family Support – see <u>C</u>hild First Family Violence – see <u>D</u>omestic Violence Service or <u>R</u>elationship Counselling	
Friendly Visiting Program	Social Support & Companionship for isolated people; East Wimmera Health Service Central Intake, 5477 2173 or intake@ewhs.org.au
Hospitals	
Birchip	Birchip Campus of the East Wimmera Health Service Ph; 5477 7100 Email: birchip@ewhs.org.au
Charlton	Charlton Campus of East Wimmera Health Service Ph: 5477 6800 Email charlton@ewhs.org.au
Donald	Donald Campus of East Wimmera Health Service Ph: 5478 6200 Email: donald@ewhs.org.au
Sea Lake	Sea Lake Campus of Mallee Track Health & Community Service Ph: 5070 2155 https://www.mthcs.com.au/
Wycheproof	Wycheproof Campus of the East Wimmera Health Service Ph: 5478 0700 Email: wycheproof@ewhs.org.au
District Health Services/facilities	Bendigo Health (hospital), 5454 6000 Boort District Health (hospital), 5451 5200, admin@bdh.vic.gov.au Cohuna District Hospital, 5456 5300; East Wimmera Health Service, St Arnaud Campus, 5477 2100, starnaud@ewhs.org.au Kerang Hospital, 5450 9200; Northern District Community Health

	5451 0200, info@ndch.org.au (includes Pyramid Hill 5455 7065 & Quambatook 5457 1300); Swan Hill District Health (Swan Hill Hospital), 5033 9300, info@shdh.org.au / Services https://www.shdh.org.au/ourservices/ Mildura Base Public Hospital, 5022 3333; Woomelang Bush Nursing Centre, 5072 6100. Wimmera Health Care Group, Wimmera Hospital - Horsham, 5381 9111; West Wimmera Health Care Group - Nhill Hospital 5391 4222, corporate@wwhs.net.au ; Minyip Community Health, 5363 1200.
Housing & Homelessness Support	
Homeless as a result of domestic violence	Mallee Domestic Violence Service Ph: 5033 1899 (24 hrs). https://msau-mdvs.org.au/
Mallee Family Care Specialist Homelessness Service Swan Hill	Mallee Family Care 229 Beveridge St Swan Hill For the Buloke Shire, Ph: 5032 4479 (BH) or 1800 825 955 (AH). https://www.malleefamilycare.org.au/Our-Services/Homelessness.aspx
Northern District Community Health Specialist Homelessness Service Kerang	Northern District Community Health 16-30 Fitzroy St, Kerang Ph: 5451 0200 (BH) or 1800 825 955 (AH) http://www.ndch.org.au/specialist-homelessness-service.html
Office of Housing (public housing) Swan Hill	Department of Families, Fairness and Housing 210 Beveridge St, Swan Hill Ph: 5032 0100 https://www.dffh.vic.gov.au/
Outreach for homeless/insecurely housed people who receive Centrelink benefits	Haven Homesafe, 141/143 Lime Ave, Mildura VIC 3500 1300 428 364, https://havenhomesafe.org.au/get-help/outreach
Haven Homesafe	Housing Support, financial assistance, private rental assistance. 141/143 Lime Ave, Mildura VIC 3500 1300 428 364 https://www.havenhomesafe.org.au
Private rental properties online	Realestate.com.au https://www.realestate.com.au/
Rental Agency	Northwest Real Estate, 53-55 Scott St, Warracknabeal Ph:5398 2219 https://www.northwestrealestate.net.au/contact
Safe Steps	Emergency Crisis Accommodation for women and children Ph: 1800 015 188 (24 hrs). Email: safesteps@safesteps.org.au https://www.safesteps.org.au/
Salvation Army – St Kilda Crisis Centre	1800 627 727 (9:00am – 5:00pm).
Young Mother Baby Program	For Mothers 16-22, 12+ weeks pregnant who are homeless or at risk of homelessness. St John of God Health Care Cnr Lily and Chum St's, Bendigo Ph: 5446 9501 Email: HHmumsandbabies.bendigo@sjog.org.au https://www.sjog.org.au/our-services/community-and-youth-services/young-mother-and-baby-program
Victorian Statewide Homelessness Line	For connection to your nearest homelessness service: 1800 825 955 (24 hrs).
Immunisation	

Buloke Shire Council	For pre-school children/secondary school immunisation program: to book an appointment please call: 1300 520 520 or book online at http://www.buloke.vic.gov.au/immunisation-services Wycheproof: Wycheproof Medical Centre Donald: 12 Houston Street, Donald. Charlton: 1 Armstrong Street, Charlton Sea Lake: 55 Mudge Street, Sea Lake Birchip: Fraser Street, Birchip
Immunisation Register (check your child's records)	Register enquiries 1800 653 809.
Justice of the Peace	https://www.charlton.vic.au/resource/justices-of-the-peace/
Kid's Helpline	1800 551 800; for those aged 5-25; counsellor@kidshelpline.com.au , https://kidshelpline.com.au
Kinship Support	CatholicCare 226 Beveridge Street, Swan Hill – 5051 0000; CatholicCare 136 Lime Avenue, Mildura – 5051 0000 Uniting Vic.Tas 185 Baillie Street, Horsham - 5362 4000, https://www.unitingvictas.org.au/locations/horsham-youth-residential-services/

Koori Support Services	
Bendigo	Bendigo and District Aboriginal Co-operative (family support, housing), 119 Prouses Road, North Bendigo 5442 4947; reception@bdac.com.au
Horsham	Goolum Goolum Aboriginal Cooperative 43 Hamilton Street, Horsham - 5381 6333, reception@goolumgoolum.org.au (provides health & wellbeing services, including a doctor at the Hamilton Street Medical Clinic, women's health (5381 6330), allied health services, counselling (5381 6306) and home and community care services.
Swan Hill	Mallee District Aboriginal Services (family services, breast feeding advice, drug and alcohol counselling, psychiatric rehabilitation, housing support, visiting Ear, Nose and Throat Specialist), 70 Nyah Road, Swan hill - 5032 8600 http://www.mdas.org.au
Laundry	Birchip: Enquire at Birchip Motel & Caravan Park, Sunraysia Hwy; Charlton: Gordon Park Camping Ground, Mildura Way; Donald: Enquire at Donald Lakeside Caravan Park, 2 Corack Rd; Sea Lake: Sea Lake Recreation Reserve Caravan Park, Calder Hwy; Sea Lake Laundrette, 117 Best St; Wycheproof: Wycheproof Caravan Park, 462 Broadway.
Lawn Mowing	Birchip, Donald & Watchem (Weekends only): Woodsy's Total Property Solutions - 0417 305 282 Birchip, Charlton, Sea Lake, Donald, Wycheproof, St Arnaud: Jim's Mowing and Gardening Services – 131 546 https://www.jismowing.com.au/local/gardening-services/vic/warracknabeal/ Wycheproof: Samson's Handyman Service - 0455 263 560 or email on msampson1030@gmail.com
Learn to Drive	Buloke Loddon L2P Program is community based supporting learner drivers 16-20 years to help get 120 hrs of driving, 0467 787 328; bulokeloddonl2p@gmail.com
Legal Assistance – Public options	
Legal Aid Victoria	Bendigo office: 424 Hargreaves Street - 03 5448 2333. Visits Mallee Family Care Swan Hill and Kerang;

	<p>Horsham office: 29 Darlot Street - 03 5381 6000</p> <p>Mildura: 137 Thirteenth Street - 03 5055 4001</p> <p>Melbourne: 570 Bourke Street - 1300 792 387, Mon to Fri, 8-5.</p>
Murray Mallee Community Legal Service (Mallee Family Care)	<p>Phone intake worker on 1800 243 002 for an appointment.</p> <p>Outreach to Birchip, Swan Hill & Kerang, www.murraymalleelegal.com.au clc@malleefamilycare.com.au</p>
Legal Assistance – Private options	
Horsham	<p>Power & Bennett Lawyers: 12 Pynsent Street, Horsham - (03) 5382 0061 mail@powerandbennett.com.au (family law).</p>
St Arnaud	<p>MCL Legal: 78 Napier Street - (03) 5495 1033 http://mclegal.com.au, reception@mclegal.com.au (including property settlement/divorce; not child work);</p> <p>Karen Lee Probst (Solicitor - not family law) 116 Napier Street, St Arnaud - (03) 5495 2595 karen@klp.net.au .</p>
Swan Hill	<p>Garden & Green Lawyers: (Family Law/divorce) 35 Beveridge Street - 5032 2711, https://gardenandgreen.com.au/;</p> <p>Beck Legal: 226 Beveridge Street - 5032 4809, https://becklegal.com.au/</p>
Swan Hill, Boort, Kerang, Cohuna	<p>Joliman Lawyers: 42-44 McCallum Street - 5482 4003 (family law, mediation), https://www.jolimanlawyers.com.au/.</p>
Libraries	<p>Buloke Library Service. For further details or a copy of the timetable, please see the link on the Council's website: http://www.buloke.vic.gov.au/libraries 1300 520 520</p>
Loans & Grants – also see <u>M</u>oney, Debt & Emergency Relief	
No Interest Loans Scheme (NILS)	<p>A no interest loan for low-income earners to pay for essential goods and services, e.g. whitegoods, some medical/dental services, educational texts (see http://nils.com.au/)</p> <p>For help with paperwork, please see your local Neighbourhood House; or call Swan Hill Neighbourhood House, 5032 1549 for an appointment.</p>
Utility Relief Grant (URGS) and other concessions	<p>Subsidies for health care/ pension card holders (or low income earners who are in temporary financial crisis and/or registered for hardship with power, gas or water providers). Phone the Concessions Information Line: 1800 658 521 or visit https://services.dhhs.vic.gov.au/concessions-and-benefits</p> <p>Contact concessions information line – 1800 658 521 urgis.applications@health.vic.gov.au</p>
Massage Therapists	
Birchip	<p>Tim Ward Remedial Massage Therapist: 32 Duncan Street, Birchip - 0438 214 171.</p>
Charlton	<p>Charlton Massage Clinic: 3 High Street, Charlton. Open 8:3am-6pm Weekdays - (03) 5491 1177.</p>
Wycheproof	<p>Nadia Bish Remedial Massage Therapist: 0408 937 259 glenn_nadia@hotmail.com</p>

Maternal Child Health Nurses	<p>- Key ages and stages by appointment; parenting advice https://www.buloke.vic.gov.au/maternal-child-health Wycheproof, Chalton, Sea Lake– Catherine 0417 506 174 or 5478 0185. Birchip, Donald – Pamela 0428 615 732 or 5478 0185. -Book a video call through Pregnancy, Birth & Baby (7:00am to Midnight 7 days, free) on 1800 882 436 or at https://www.pregnancybirthbaby.org.au/video-call</p>
Maternal Child Health Line	(24 hrs) 13 22 29.
Mental Health & Counselling Assistance	
Australian Community Support Organisation (ACSO)	Assessment Line for Mental Health Ph:03 9413 7000 Email: acso@acso.org.au https://www.acso.org.au/
Bendigo Health Psychiatric Triage – <i>Includes the Child & Adolescent Mental Health Service (CAMHS), adults and perinatal mental health referrals. Covers Buloke Shire.</i>	<p><i>Are you Depressed, Anxious or suicidal? Need help with a child's complex behaviours?</i> Call 1300 363 788 for Mental Health Advice. Phone anytime – 24 hrs a day, 7 days a week, https://www.bendigohealth.org.au/MentalHealthRegionalTriage/</p>
Beyond Blue	Short term counselling and referrals, 1300 224 636; (03) 9810 6100 https://www.beyondblue.org.au/
Child & Adolescent Mental Health (CAMHS)	03 5440 6506 https://www.bendigohealth.org.au/MentalHealthRegionalTriage/
Continuity of Support Program (COS)	Northern District Community Health – finds services to assist with recovery from mental illness: 5451 0200. http://www.ndch.org.au/
Grief Line	8am to 8pm: 7 days a week; 1300 845 745. Free hotline. https://griefline.org.au/
Headspace (12- 25 years)	https://headspace.org.au/ Swan Hill 4010 7100 https://headspace.org.au/headspace-centres/swan-hill/ (headspace@shdh.org.au), Bendigo 5406 1400 https://headspace.org.au/headspace-centres/bendigo/ Horsham 5381 1543 https://headspace.org.au/headspace-centres/horsham/
ID Care	1800 595 160; Counselling for victims of cybercrime and identity fraud, Mon – Fri 8:00am-5:00pm, https://www.idcare.org/contact/contact-us
Lifeline	<p>131 114. For when you're in crisis or need someone to talk to. https://www.lifeline.org.au/ SMS: 0477 131 114 All available 24 hrs</p>
Mental Health Carer's Support	Northern District Community Health: 16-30 Fitzroy Street, Kerang 5451 0200. http://www.ndch.org.au/
Mental Health Community Support Services	ACSO: Support for people 16-65 years living with mental illness. Contact - (03) 9413 7000 acso@acso.org.au https://www.acso.org.au Mind Australia 1300 286 463 or (03) 9455 7000

	https://www.mindaustralia.org.au/
Online Mental Health Links	<p>Smiling Mind phone and web based app; Self Care for Adults Pack & a Kids Packs for children aged 5+: See https://www.smilingmind.com.au/kcp-getting-started</p> <p>This Way Up: free courses, such as Coping with Stress and Managing Insomnia. See https://thiswayup.org.au/</p> <p>Mindspot Clinic is a free online and phone service for people who are feeling anxious or depressed (there is a screening tool if you are wondering about the typical symptoms), https://mindspot.org.au/ or phone 1800 61 44 34.</p> <p>My Compass can help enable lasting improvements to mood, anxiety and stress level. See https://www.mycompass.org.au/</p>
Partners in Wellbeing	<p>ACSO: Improving wellbeing, developing coping strategies and providing emotional support https://www.acso.org.au</p> <p>Partners in Wellbeing 1300 375 330, partnersinwellbeing@acso.org.au</p> <p>https://partnersinwellbeing.org.au/</p>
Psychosocial Recovery Services	<p>Individualised support service for people aged 18+ living with mental illness that is impacting on everyday functioning.</p> <p>Mallee Family Care 5032 4479 or mentalhealth@malleefamilycare.com.au</p>
Perinatal Mental Health Assistance	<p>Referrals through Bendigo Health Regional Triage 1800 363 788 https://www.bendigohealth.org.au/PIU/</p>
Perinatal Anxiety & Depression Australia Helpline (PANDA), including post & ante-natal depression.	<p>1300 726 306, 9am - 5pm, Monday to Friday, https://panda.org.au/ support@panda.org.au</p>
Pregnancy Loss Support	<p>SANDS – National Support Service for miscarriage, stillborn & newborn deaths, 1300 308 307 (24hrs). Facebook support group, join via email request, https://www.sands.org.au/</p> <p>Bears of Hope – 1300 114 673, support@bearsofhope.org.au</p> <p>https://www.bearsofhope.org.au/,</p>
Psychologist	<p>Bendigo: Bendigo Psychology 5443 2281, https://bendigopsychology.com.au/; Clinical Psychology Victoria 5443 1090 https://cpvic.com.au/, reception@cpvic.com.au;</p> <p>AWG Psychology, Aaron 0434 821 545, https://www.awgpsychology.com.au or mail@awgpsychology.com.au</p> <p>Swan Hill: Baudinet Centre Psychological Practice 5032 1199, baudinet@hotkey.net.au</p> <p>Warracknabeal: Melanie Wallis 0417 781 530, (Tuesday & Wednesday only) psychology@melaniewallis.com.au</p> <p>Wimmera Psychology 0488 488 088, https://www.wimmerapsychology.com.au/</p>
Psychology via Telehealth	<p>To find a psychologist suited to your situation, please see Rural Health Connect, www.ruralhealthconnect.com.au</p> <p>Private Options: Psychology Today, https://www.psychologytoday.com/au/counselling</p> <p>Therapy Connect: 1300 757 806, https://therapyconnect.com.au/about/</p>

Q Life	Free LGBTI Peer Support & Referral 1800 184 527, 3pm - 12am daily, https://qlife.org.au
Rainbow Door	Phone: 1800 729 367 Text: 0480 017 246 Information, support, referral for all LGBTIQ+ Victorians, 10am-5pm, support@rainbowdoor.org.au https://www.rainbowdoor.org.au/
SANE Australia Mental Health Helpline	1800 187 263, 10:00am - 10:00pm Monday to Friday, info@sane.org https://www.sane.org/
Standby Support	For those impacted by suicide, 24 hour line, 1300 727 247 http://standbysupport.com.au/
Suicide Call-back Service	1300 659 467 (24 hrs); www.suicidecallbackservice.org.au
Milestones for Children	Google Ages and Stages Questionnaire (ASQ) ; Read about CDCs Milestones Matter! App for children 2m-5 years: https://www.cdc.gov/ncbddd/actearly/milestones-app.html
Mindfulness	Free mindfulness audio at https://www.actmindfully.com.au/free-stuff/
Money, Debt & Emergency Relief	
Donald Friends & Neighbourhood Society	Donald: Food, fuel, school clothing vouchers; welcoming new citizens to Donald; drop-in centre at The Hub' on Woods Street/The Mall Ph: 5497 2037 (11:00am – 3:00pm, Fridays).
Rural Financial Counselling	Donald: Rural Financial Counselling Ph: 1300 769 489 Donald Community Centre 31 Woods St Donald https://wswracs.com.au/farm
Energy Assistance Program – utility hardship support package	Access through Anglicare Victoria Ph: 1800 531 741 https://www.energy.vic.gov.au/for-households/energy-assistance-program
Salvation Army	Central Intake Victoria wide (food & financial help, Mon to Fri 9-5) Ph: 8873 5288 https://www.salvationarmy.org.au/ https://www.salvationarmy.org.au/bendigo/ ; Horsham: 12 Kalkee Road, Horsham - (03) 5382 1770. https://www.salvationarmy.org.au/locations/victoria/aus1362/horsham-corps/ , Swan Hill: 190-192 Beveridge Street, Swan Hill - (03) 5033 171. Open 9am-12pm Monday-Friday. https://www.salvationarmy.org.au/locations/victoria/v186/swan-hill-corps/
Queen's Fund	Applications for small grants (e.g. after school activities) are made through a welfare worker on behalf of single women and children experiencing financial hardship https://www.queensfund.org.au/
Sea Lake Welfare Group	Sea Lake: 55 Mudge Street. (03 5070 1474) Emergency food, fuel vouchers, community support.
St Vincent de Paul	Birchip: 0407 058 193; Charlton: 0499 302 517 (If no answer, please leave your phone number on message bank); St Arnaud: 35 Napier Street, St Arnaud - 5495 3100. Horsham: 7-9 Davys Street, Horsham (03) 5382 4003

Uniting Care Outreach	Bendigo: 49 Forest Street, Bendigo. Ph: 5443 4972. Manager@unitingcarebendigo.org.au
Farm Debt Mediation Officer (Agriculture Victoria):	Ph: 136 186 and ask for the Farm Debt Mediation Officer, farm.debt@ecodev.vic.gov.au https://agriculture.vic.gov.au/farm-management/business-management/farm-debt-mediation
Generalist Financial Counselling: Anglicare Victoria	Ph: 1800 244 323 for outreach support with financial counselling, https://www.anglicarevic.org.au/our-services/financial-counselling/financial-counselling/ with links to Money Smart tips.
Mallee Family Care Financial Counselling	Mildura and Swan Hill Ph: 1800 632 263 or let them call you, see: https://www.malleefamilycare.org.au/Our-Services/Legal-and-Financial.aspx
National Debt Helpline	Monday to Friday 9:30am – 4:30pm (Sydney Time): Ph:1800 007 007 https://financialrights.org.au/about-us/national-debt-helpline/
North West Rural Financial Counselling Service	Ph: 1300 769 489 Email: admin@sunrcs.com.au National Free call Number: 1800 686 175. https://www.agriculture.gov.au/agriculture-land/farm-food-drought/drought/assistance/rural-financial-counselling-service
Nandaly – General Information	http://www.victorianplaces.com.au/nandaly
Neighbourhood House – Learning Centres	
Birchip	Birchip Business and Learning Centre , 77 Cumming Ave., 5492 2735. Classes; computer & Internet access; general information, support and referrals; birchipblc@bigpond.com.au manager@birchipnh.org.au
Charlton	Charlton: 30 High Street, Charlton - 5491 2333. Open 10am-4pm Weekdays. coord@charltonnh.org.au https://www.charltonnh.org.au/
Donald	Donald Neighbourhood House/Learning Group: 31 Woods Street - (03) 5497 1707. Open 8:30-am-5pm Weekdays for a cuppa, chat, courses, Centrelink or ATO access, volunteering, volunteer transport and much more. To see what's on, you can subscribe to Charmaine Delaney's (Coordinator) Facebook page, donaldlearninggroupinc@iinet.net.au
Sea Lake	Sea Lake Neighbourhood House. 200 Best Street - (03) 5070 1448. <i>For a cuppa, chat, craft, courses, toy library, volunteer transport, school holiday activities and much more.</i> nhh@methcs.vic.gov.au
Wycheproof	Wycheproof Community Resource Centre , 280 Broadway, - (03) 5493 7455. General enquiries info@wycheproofcrc.org.au For a cuppa, chat, volunteering, courses, Centrelink access, VicRoads & Australian Tax Office agency, visiting employment service, public internet/computer access, Men's Shed; craft shop; books to browse; volunteer transport and much more, mwrcrc@bigpond.net.au

Nurse on Call	<p>24 hrs, professional health advice from a registered nurse, 1300 606 024.</p> <p>Victorian Virtual Emergency Department (VVED) triages and treats patients with non-life-threatening conditions virtually. VVED is available 24 hours a day, seven days a week. There is no referral required, and all patients can connect directly with a camera.</p> <p>https://www.vved.org.au/</p>
Occupational Therapists (completed from here)	
Birchip, Charlton, Donald & Wycheproof,	<p>East Wimmera Health Service</p> <p>Ph: 5477 2222</p> <p>Email: intake@ewhs.org.au</p> <p>https://www.ewhs.org.au/</p>
Horsham	<p>Little Steps Occupational Therapy, Ph: 0438 079 342 Email: kristen@littlestepstherapy.com.au facebook.com/ LittlestepstherapyHorsham</p> <p>Wimmera Health Care Group 83 Ballie St, Horsham Ph: 5381 9333 Occupational Therapy (whcg.org.au)</p> <p>Wimmera Occupational Therapy Ph: 0400 445 293 Email: info@wimmeraot.com.au https://www.wimmeraot.com.au/</p>
Kerang, Boort & Quambatook	<p>Northern District Community Health (Kerang, Boort and Quambatook) 24 Fitzroy St, Kerang Ph: 5451 0200.</p> <p>119-121 Godfrey St, Boort Ph: 5451 0260</p> <p>33 Mildred St, Quambatook Ph: 5457 1300 http://www.ndch.org.au/</p>
Minyip	<p>West Wimmera Health Service 23-25 Church St, Minyip Ph: 5391 4222 Email: intake@wwhs.net.au https://www.wwhs.net.au/</p>
Swan Hill	<p>Swan Hill District Health 48 Splatt St, Swan Hill Ph: 5033 9321 Email: crcreption@shdh.org.au https://www.shdh.org.au/our-services/occupational-therapy/ (children's services for developmental delay and sensory processing issues);</p> <p>Swan Hill Kids Therapy: Rebecca 236 Beveridge Street, Swan Hill Ph: 50324768</p>

	Email: admin@swanhillkidstherapy.com https://www.swanhillkidstherapy.com/
Teletherapy – not place based. Need access to internet and a computer with camera and microphone.	Occupational Therapy (NDIS provider) Ph: 1300 757 806 or 0438 816 747. Email: reception@therapyconnect.com.au https://therapyconnect.com.au/about/
Warracknabeal	Rural Northwest Health 18 Dimboola Rd, Warracknabeal Ph: 5396 1285 Email: intake@rnh.net.au https://rnh.net.au/services/community-health/occupational-therapist/
Opportunity Shops	
Birchip	Seek and See, 77 Cumming Avenue Birchip
Charlton	Charlton Neighbourhood house Opportunity Shop, 80 High Street Charlton. 0400 368 768
Culgoa	6 Main Street Culgoa
Donald	Look First Opportunity Shop (Old National Bank, Woods St.); The Teal Collective, Women's Cancer Foundation Op Shop, Cnr Woods & Hammill Streets.
Horsham	Salvation Army Thrift Shops – 33 Lynott St. Horsham 5382 1770 Red Cross 120 Firebrace St, Horsham 5382 2544 St Vincent De Paul 9 David St Horsham. 5382 4003
Sea Lake	Sea Lake and District Health Service Op Shop, 68 Best Street Sea Lake
St Arnaud	St Vincent de Paul 35 Napier Street St Arnaud 5495 3100
Swan Hill	Salvation Army Thrift Shop 247-249 Campbell St Swan Hill 5033 1710
Wycheproof	Wycheproof Op Shop – 271 Broadway, Wycheproof. 5493 7455
Optometrists	
Bendigo	Bill Wilkinson Optical, Shop 2 Abbot Arcade Queen St Bendigo. Ph: 5443 8388; http://www.bwoptical.com.au/ Cartwright & Associates 18 Killians Walk Bendigo Ph:5443 5137, http://www.cartwrighteyecare.com.au/ ; Eyecare Plus, 440 Hargreaves St Bendigo Ph: 5443 9738,

	<p>bendigo@eyecareplus.com.au</p> <p>OPSM, 1/23 Queen Street Bendigo</p> <p>Ph:5441 6086, https://www.opsm.com.au/stores/vic/bendigo/opsm-queen-st-bendigo/7008;</p> <p>Specsavers Bendigo Marketplace, 116/120 Mitchell St Bendigo</p> <p>Ph: 5441 4235, https://www.specsavers.com.au/stores/bendigo;</p> <p>Wills St Eyecare, 82 Willis St Bendigo</p> <p>Ph: 5443 1815, http://www.willsstreeteyecare.com.au/</p>
Horsham	<p>Quinn & Co Eye Care, 149 Baillie St Horsham</p> <p>Ph: 5382 1429, https://quinnandcoeyecare.com.au/,</p> <p>Specsavers Horsham, 53-53 Firebrace St horsham</p> <p>Ph: 5382 4433. https://www.specsavers.com.au/stores/horsham</p>
Sea Lake	<p>Royal Flying Doctor Service periodic visits,</p> <p>At Mallee Track Health and Community services, 33/43 McClelland Ave Sea Lake</p> <p>Ph: 5070 2155. https://www.flyingdoctor.org.au/vic/what-we-do/mobile-eye-care/</p>
Swan Hill	<p>Ph: 8412 0444 (RFDS direct)</p> <p>Swan Hill Optical, 220 Campbell St Swan Hill</p> <p>Ph: 5033 1424</p>

	<p>https://www.swanhilloptical.com.au/;</p> <p>Quinn & Co Eyecare Swan Hill, 278 Campbell St Swan Hill</p> <p>Ph: 5032 2764</p> <p>https://quinnandcoeyecare.com.au/</p>
Warracknabeal	<p>Quinn & Co Eye Care, 33-35 Woolcock St Warracknabeal</p> <p>Ph: 5394 1411.</p> <p>https://quinnandcoeyecare.com.au/</p>
Osteopathy	<p>Central Mallee Osteopathy, 3 Gray St Swan Hill</p> <p>Ph: 5032 2914, E: cmo.osteo@gmail.com</p> <p>Outreach services to Kerang, Sea Lake and Birchip</p> <p>https://www.centralmalleehealth.com.au/</p>
Palliative Care	<p>Swan Hill District Health</p> <p>48 Splatt St Swan Hill</p> <p>Ph:5033 9236 or, 0429 951 877</p> <p>Email: palliative.care@shdh.org.au</p> <p>Covers Buloke</p> <p>https://www.shdh.org.au/our-services/palliative-care-services-2/</p>
Parenting	<ul style="list-style-type: none"> – see Maternal Child Health Nurse – Parent support and sleep settling through counselling service at East Wimmera Health Service, 5477 2173. – Pregnancy, Birth and Baby (0- 5yrs), 1800 882 436, 24 hrs, 7 days; www.pregnancybirthbaby.org.au – What were we thinking: information, blog and app (for new parents): https://www.whatwerewethinking.org.au/ – Parentline Victoria: information, counselling and support for parents and carers of children 0-18 years, Ph: 13 22 89, 8:00am to 12 midnight, 7 days per week https://services.dffh.vic.gov.au/parentline -Play, Learn, Grow: Practical advice/texts for families with children aged 2-3 years, SMS 'PLAY' to 0428 606 027. https://www.vic.gov.au/play-learn-grow-text-message-program – See the 'About Raising Children Network': www.raisingchildren.net.au – Step by step parenting guides (Parenting SA): https://parenting.sa.gov.au/easy-guides – Parenting Victoria (children 0-5yrs): https://service.vic.gov.au/find-services/family-and-child/parenting
Parks, BBQs, Picnic Areas, Playgrounds	
Berriwillock	<p>Tynan Park</p> <p>53 Taverner Street Berriwillock</p> <p>Berriwillock Recreation Reserve Playground</p> <p>37 Morris Street Berriwillock.</p>
Birchip	Birchip Memorial Park,

	<p>36 Cumming Ave Birchip;</p> <p>Taylor Sunset Park, Birchip-Watchem Rd.</p> <p>Birchip Skate Park 27 Sherwood Street Birchip</p>
Charlton	<p>Skate Park – at Gordon Park, Mildura Way;</p> <p>Traveller’s Rest (playground and picnic area) John Curtain Way, Charlton</p> <p>Rotary Park (BBQ, picnic area and playground), Avoca River West End & High Streets.</p> <p>Gordon Park Mildura Way, Charlton</p>
Culgoa	<p>Memorial Park & Children’s Playground Cnr Church and Main Streets, Culgoa.</p> <p>Culgoa Recreation Reserve Playground Calder Highway, Culgoa.</p>
Donald	<p>Apex Park, Sunraysia Highway</p> <p>Memorial Park & Playground, Cnr Houston & Campbell Streets</p> <p>Steam Train Park, Cnr Walker & Hammill Streets.</p>
Nullawil	<p>O’Brien Park 20 Calder Hwy, Nullawil</p> <p>Hall Corner Park 4 Calder Highway, Nullawil.</p> <p>Pioneer Park Playground 2 North Rd, Nullawil.</p>
Sea Lake	<p>Apex Park – Best Street</p> <p>Lions Park – Cox Street;</p> <p>Traveller’s Rest – Calder Highway;</p> <p>Green Lake Regional Park 10 kms from Sea Lake on the Sea Lake-Birchip Road.</p>
Watchem	<p>Corner of Waddell and Hoban Streets.</p>
Wycheproof	<p>Centenary Park, Calder Highway;</p> <p>Mt Wycheproof: BBQs.</p>
Pathology	
Bendigo	<p>Bendigo Health 100 Barnard St Bendigo Ph: 5454 6000 https://www.bendigohealth.org.au/Pathology/</p> <p>Dorevitch Pathology 123 Arnold St Bendigo Ph: 5445 5616; or 0486 031 273 https://www.dorevitch.com.au/</p> <p>Melbourne Pathology</p>

	<p>63-67 Bridge St, Bendigo Ph: 5441 8480 https://www.mps.com.au/</p> <p>St John of God Hospital 133-145 Lily St, Bendigo Ph: 5434 3215. Email: info.pathvic@sjog.org.au https://www.sjog.org.au/pathology</p>
Donald	<p>Donald Family Clinic 7 McCracken Ave, Donald Ph: 5497 1100. Email: pracmanager@donaldfamilyclinic.com.au</p>
Horsham	<p>Wimmera Health Care Group 83 Baillie St, Horsham Ph: 5381 9231 http://www.whcg.org.au/index.php/about-us/services/pathology</p>
Sea Lake	<p>Mallee Track Medical Clinic 33-43 McClelland Ave, Sea Lake Ph: 5070 2118 or 0477 147 081 Email: sealake@austin.org.au https://www.mthcs.com.au/services/primary-health-services/pathology</p>
St Arnaud	<p>East Wimmera Health Service (Australian Clinical Labs) 52 North Western Rd, St Arnaud Ph: 5477 2115 or 048 650 718 https://www.clinicallabs.com.au/location/</p>
Swan Hill	<p>Australian Clinical Labs 52 McCrae St, Swan Hill Ph: 0474 846 580 https://www.clinicallabs.com.au/</p> <p>Austin Pathology 45 McCrae St, Swan Hill Ph: 0437 058 334 https://www.austinpathology.org.au/</p>
Physiotherapists	
Swan Hill	<p>Mallee Physio 360 Beveridge St, Swan Hill Ph: 5032 5888 Email: info@malleephysio.com.au https://www.malleephysio.com.au/</p> <p>Swan Hill District Health 48 Splatt St, Swan hill Ph: 5033 9390 Email: AReception@shdh.org.au https://www.shdh.org.au/our-services/physiotherapy/</p> <p>Swan Hill Physiotherapy and Sports Clinic 226 Beveridge St, Swan Hill Ph: 5032 9504 Email: shphysio@yahoo.com.au https://www.swanhillphysio.com.au/</p>
Boort	<p>Mallee Physio 2 Coutts St, Boort Ph: 5451 5230</p>
Birchip, Charlton, Donald & Wycheproof	<p>East Wimmera Health Service Intake, Ph: 5477 2222 Email: intake@ewhs.org.au</p>

Kerang	Northern District Community Health, Ph: 5451 0200.
Warracknabeal	Rural Northwest Health Service 18 Dimboola Rd, Warracknabeal Ph: 5396 1200 Email: reception@rnh.net.au https://rnh.net.au/services/community-health/physiotherapy/
Podiatrists	
Bendigo	Bendigo Foot Clinic 80 Rowan St, Bendigo Ph: 5441 4243 Email: reception@bendigofootclinic.com.au https://www.bendigopodiatrist.com.au/ Active Podiatry 18 Eaglehawk Rd, Ironbark Ph: 5442 2289 Email: contact@activepod.com.au ; http://www.activepod.com.au/ O'Dwyer Podiatry Group 489 Hargreaves St, Bendigo Ph: 5443 7467 https://www.odwyerpodiatry.com.au/ Podiatry on Williamson 138 Williamson St, Bendigo Ph: 5441 8990 Email: admin@podiatryonwilliamson.com.au http://podiatryonwilliamson.com.au/
Birchip	East Wimmera Health Service- Birchip 26 Duncan St, Birchip Ph: 5477 7100 https://ewhs.org.au/services/birchip
Birchip, Charlton, Donald & Wycheproof	East Wimmera Health Service Intake, Ph: 5477 2222 Email: intake@ewhs.org.au
Boort, Kerang, Cohuna, Pyramid Hill, Quambatook	Northern District Community Health 31 Kiniry St, Boort 16-30 Fitzroy St, Kerang 33 King Edward St, Cohuna 12 Victoria St, Pyramid Hill 33 Mildred St, Quambatook Ph: 5451 0200. http://www.ndch.org.au/podiatry.html
Charlton	Stewart Podiatry 4 Learmonth St, Charlton Ph: 5443 7851 Email: contact@stewartpodiatry.com.au
Kerang	Taylor-made Podiatry 54 Wellington St, Kerang Ph: 0419 999 549 https://www.facebook.com/taylormadepodiatry Northern District Community Health 84 Wellington St, Kerang Ph: 5451 0200 http://www.ndch.org.au/podiatry.html
Sea Lake	Mallee Track Health and Community Service 33-43 McClelland St, Sea Lake Ph: 5070 2155 Email: Briony Munro bmunro@mthcs.vic.gov.au https://www.mthcs.com.au/services/allied-health/podiatry
Swan Hill	Country Feet Podiatry

	<p>54/56 McCrae St, Swan Hill Ph: 0448 812 850; http://www.countryfeetpodiatry.com.au/home.html</p> <p>Swan Hill District Health 48 Splatt St, Swan hill Ph: 5033 9390 Email: AReception@shdh.org.au https://www.shdh.org.au/our-services/podiatry/</p>
Warracknabeal	<p>Rural Northwest Health 18 Dimboola Rd, Warracknabeal Ph: 5396 1200 Email: reception@rnh.net.au https://rnh.net.au/services/community-health/podiatry/</p>
Poisoning	National Poisons Information Centre – 131 126 , 24 hrs, 7 days.
Relationship Counselling	
Centre for Non-Violence	<p>Assistance regarding family Violence and Homelessness: 1800 884 292, Email: reception@cnv.org.au Monday to Friday, 9:00am – 5:00pm, https://www.cnv.org.au/</p>
Family Dispute Resolution	<p>Swan Hill Centacare, 5051 0000; Ballarat Centacare, 5337 8999 – visiting Horsham, 1300 303 988. www.centacareballarat.org.au</p>
Family Relationship Advice Line	<p>Ph: 1800 050 321 8:00am – 8:00pm Monday to Friday; 10:00am – 4:00pm Saturday. https://www.familyrelationships.gov.au/talk-someone/advice-line</p>
Family Relationship Centre	<p>Visiting Mallee Family Care, Swan Hill, 1300 667 382 / 5032 4479.</p>
Mallee Domestic Violence Service	<p>Ph: 5033 1899 (24 hrs, Swan Hill). https://msau-mdvs.org.au/</p>
Men's Line	<p>Counselling service for men with relationship or family concerns. Ph: 1300 789 978 https://mensline.org.au/</p>
Victims of Crime Counselling- Victims Assistance Program	<p>Anglicare Victoria 62 McCallum St Swan hill Ph: 5036 3200 or 1800 809 722 Email: info@anglicarevic.org.au https://www.anglicarevic.org.au/our-services/community-support-programs/victims-assistance-program/</p>
Victims of Crime	<p>Ph: 1800 819 817 SMS 0427 767 891 https://www.victimsofcrime.vic.gov.au/</p>
WIRE (Women's Information and Referral Services)	<p>Ph: 1300 134 130 Email: support@wire.org.au Mon to Fri, 9am-5pm https://www.wire.org.au/;</p>
1800 Respect	<p>National sexual assault, domestic violence counselling service (24 hrs 7 days). Ph: 1800 737 732 https://www.1800respect.org.au/</p>

<p>Respite</p>	<p>See Disability Respite.</p> <p>Anglicare Victoria-Bendigo Mental health 10 Mundy St, Bendigo Ph: 5448 1100 or 5448 1130 or 62 McCallum Street, Swan Hill Ph: 03 5036 3200 Email: info@anglicarevic.org.au https://www.connectingcare.com/Home/ServiceDetail?site_id=804&hdsiteld=27187&service_id=4481&hdsSSID=161724</p> <p>Loddon Mallee Carer Respite and Carelink Centre Servicing Buloke Shire 37 Havlin St, Bendigo Ph: 5454 7719 or 1800 068 978 (Carer Support Services) https://www.lmrpcc.org.au/find-a-service/respite/ http://www.buloke.vic.gov.au/collection-schedule</p>
<p>Rubbish & Recycling Days</p>	<p>http://www.buloke.vic.gov.au/collection-schedule</p>
<p>Sea Lake – General Information</p>	<p>Information about Sea Lake: http://sealake.vic.au</p>
<p>Sexual Assault Crisis</p>	<p>Sexual Assault Crisis Line, 5pm-9am Ph:1800 806 292 https://www.sacl.com.au/</p> <p>Mallee Domestic Violence & Sexual Assault Unit Ph: 5033 1786 https://msau-mdvs.org.au/</p> <p>Emergency 000.</p>
<p>Sexual Reproduction Health</p>	<p>1800 My Options Information for Victorians on contraception, pregnancy options and sexual health, Ph: 1800 696 784, https://www.1800myoptions.org.au</p>
<p>Sleep School – Referral by GP, Maternal Nurse or Allied Health required</p>	<p>Public Options: Tweddle (0-4 yrs) 70 Sydney St Footscray Ph: 03 9689 1577 www.tweddle.org.au</p> <p>Mercy Health O’Connell Family Centre, (0-4 years) 6 Mont Albert Rd, Canterbury Ph: 03 8416 7600; https://www.mercyhealth.com.au/</p> <p>Queen Elizabeth Centre Noble Park, (0-4 yrs), 53 Thomas St, Noble Park Ph: 03 9549 2777 Email: theqec@qec.org.au www.qec.org.au;</p> <p>Private Option: Masada Private Hospital Mother Baby Unit (0-2 yrs), 26 Balaklava Rd, St Kilda Ph: 03 9038 1415 Email EPC.msp@ramsayhealth.com.au https://www.masadaprivate.com.au/Early-Parenting-Centre/Residential-Program</p>

<p>Sleep Settling Advice</p>	<p>Royal Society for the Welfare of Mothers and Babies Tresillian Nurse - free information and telehealth consults Ph: 1300 272 736 https://www.tresillian.org.au/ or https://www.tresillian.org.au/about-us/what-we-do/telehealth-consultations/</p>
<p>Speech Pathology</p>	
<p>Bendigo</p>	<p>Bendigo Speech Works 62 Condon St, Kennington Ph: 5443 9912 Email: admin@bendigospoachworks.com.au https://bendigospoachworks.com.au/</p> <p>Sue Begg & Alison Hogan Speech Pathology Shop 1/14 Creek St, North Bendigo Ph: 0458 994 004; http://www.speechbendigo.com/</p> <p>Talk it Up Speech Pathology 130 MacKenzie St, W. Golden Square Ph: 0438 006 445 Email: reception@talkitupbendigo.com http://www.talkitupbendigo.com/</p>
<p>Birchip, Charlton, Donald, Wycheproof & districts – Service provided by the Royal Flying Doctor Service & Inglewood Districts Health Service with support by EWHS</p>	<p>For children of families serviced by East Wimmera Health Service Birchip, Charlton, Donald, Wycheproof and districts. Referral forms from and to: gbartels@idhs.vic.gov.au Phone 5431 7000 (Royal Flying Dr) 5431 7000 (Inglewood & Districts Health Service) Email (general): admin@IDHS.vic.gov.au https://www.flyingdoctor.org.au/vic/what-we-do/speech-therapy/</p>
<p>Boort, Kerang & Quambatook</p>	<p>Northern District Community Health Kerang 24 Fitzroy St, Kerang Ph: 5451 0200 Boort 119-121 Godfrey St, Boort Ph: 5451 0260 Quambatook 33 Mildred St, Quambatook Ph: 5457 1300 http://www.ndch.org.au/</p>
<p>Horsham</p>	<p>Speech Kids Droylsden House 143-145 Ballie St, Horsham Ph: 0409 044 966 https://droylsden.com.au/practitioner/speech-kids/</p> <p>Wimmera Health Care Group 83 Ballie St, Horsham Ph: 5381 9333 http://www.whcg.org.au/about-us/services/speech-pathology</p>
<p>Minyip</p>	<p>West Wimmera Health Service Ph: 5391 4222 Email: intake@wwhs.net.au https://www.wwhs.net.au/community_care/allied_health_services/speech_pathology</p>
<p>Sea Lake – in conjunction with the Royal Flying Doctor's Service and Robinvale District Health.</p>	<p>For children of families serviced by Mallee Track Health and Community Service, Sea Lake Campus, including playgroup and kindergarten children. Mallee Track Health and Community Service 33-43 McClelland St, Sea Lake</p>

	<p>Ph: 5070 2118 (Mallee Track Health and Community Service) Ph:5092 1111 (Royal flying Dr) Referrals fax to 5091 0272 or email Briony Munro bmunro@mthcs.vic.gov.au https://www.flyingdoctor.org.au/vic/what-we-do/speech-therapy/</p>
Swan Hill	<p>Eloquent Speech Pathology Shop 1/21A Rutherford St, Swan Hill Ph: 5032 3591 or: 0458 044 476; https://www.facebook.com/eloquentspeechpathology/</p> <p>Swan Hill District Health 48 Splatt St, Swan Hill Ph:5033 9390 Email: AREception@shdh.org.au https://www.shdh.org.au/our-services/speech-pathology/</p>
Teletherapy – not place based. Need access to internet and a computer with camera and microphone.	<p>Therapy Connect: Speech Therapy Ph: 1300 757 806 Email: reception@therapyconnect.com.au https://therapyconnect.com.au/about/</p>
Warracknabeal	<p>Rural Northwest Health 18 Dimboola Rd, Warracknabeal Ph: 5396 1200 Email: reception@rnh.net.au https://rnh.net.au/services/community-health/speech-pathology/</p>
Sports & Recreation Opportunities	<p>Enquire at your local Neighbourhood House or see https://www.buloke.vic.gov.au/recreation-reserves</p>
Swimming Pools & Lakes	<p>Pools open summer months, mid Nov to March, www.buloke.vic.gov.au/swimming-pools</p>
Berriwillock Pool	53 Taverner Street, Berriwillock
Birchip Pool	Entrance through Memorial Park, Cumming Avenue.
Charlton Pool	Mildura Way.
Donald Pool	150 Woods Street.
Sea Lake Pool	98 Horace Street.
Watchem Pool	42 Camp Street.
Wycheproof Pool	21 Charles Street.
Green Lake Regional Park	10 kms from Sea Lake on Birchip Road (playground, barbecues).
Tchum Lake	8 kms from Birchip on the Wycheproof Road (with playground).
Watchem Lake	On the Warracknabeal Road (includes playground).
Wooroonook Lakes	14.2 kms from Charlton on Borung Highway.
Taxi	<p>St Arnaud Taxi Service Ph: 0419 764 978;</p> <p>Swan Hill City Taxi's Ph: 132 227</p>
Translating & Interpreting Service (TIS)	<p>For culturally and linguistically diverse families who need phone access to an interpreter in your own language. You may also request this service when visiting your GP or specialist. Ph: 131 450 (24 hours) https://www.tisnational.gov.au/</p>

Transport – Learn to Drive	See L – L2P Program.
Transport – Birchip	<p>Birchip Cares (Volunteer drivers take clients without other means of transport to medical appointments only). Dr referral required. Bookings made via Birchip P-12 School Ph: 5492 2287</p> <p>Birchip Forum Bus (hire/drive) Booking made via Birchip P-12 School Ph:5492 2287</p> <p>See Public Transport Victoria (PTV) Website for travel options and click on timetables tab;</p> <p>Birchip to Horsham (via Warracknabeal) Horsham - Birchip via Warracknabeal - Public Transport Victoria (ptv.vic.gov.au)</p> <p>Birchip to Bendigo https://www.ptv.vic.gov.au/timetables/linemain/5055/ or call 1800 800 007.</p>
Transport – Charlton	<p>Charlton to Bendigo to Melbourne: Further information and travel options: 1800 800 007 or https://www.ptv.vic.gov.au/timetables</p> <p>Charlton Community Transport- Charlton Neighbourhood House 30-34 High St, Charlton Ph: 5491 2333 or; 0473 759 456 https://www.charltonnh.org.au/community-transport.html</p>
Transport – Donald	<p>V/Line Bus to Horsham https://www.ptv.vic.gov.au/timetables or call 1800 800 007; PTV Bus to Melbourne, Ballarat, Bendigo and Mildura, check PTV website.</p> <p>Tickets at Donald Newsagency 37 Woods St, Donald Ph: 5497 1510 https://www.facebook.com/people/Donald-Newsagency-Emporium/100057336464229/</p> <p>Volunteer Transport – Donald Neighbourhood House/Learning Group 31 Woods St, Donald Ph: 5497 1707 https://www.donaldlearninggroup.com.au/</p>
Transport – Sea Lake	<p>Sea Lake to Swan Hill Bus Service (Departs Thurs. 9:00am, Cnr Best St & Calder Hwy); Sea Lake to Melbourne (via Charlton & Bendigo), See: https://www.ptv.vic.gov.au/timetables/linemain/1533/7 or call 1800 800 007.</p> <p>Community Transport Mallee Track Health and Community Service 33-43 McClelland Ave, Sea Lake Ph: 5070 2155 or: 0419 371 445 https://www.mthcs.com.au/services/community-services/community-transport</p> <p>Volunteer Transport – Sea Lake Neighbourhood House 200 Best St, Sea Lake Ph: 5070 1448. https://www.mthcs.com.au/community/sea-lake/sea-lake-</p>

	neighbourhood-house
Transport – Wycheproof	<p>PTV website: https://www.ptv.vic.gov.au/timetables or call 1800 800 00;</p> <p>Wycheproof to Swan Hill Bus (PTV). https://www.ptv.vic.gov.au/timetables;</p> <p>Wycheproof Special Purpose Taxi Ph: 5439 7485 or: 0408 308 517</p> <p>Wycheproof Community Car Wycheproof Community Resource Centre 280 Broadway, Wycheproof Ph: 5493 7455 Email: info@wycheproofcrc.org.au https://www.wycheproofcrc.org.au/</p>
VicRoads Agencies	<p>Donald & District Community Bank 61-63 Woods St., Donald Ph: 5497 1194 https://www.vicroads.vic.gov.au/contact-us/officelocations/donald-and-district-community-bank-branch</p> <p>Wycheproof Community Resource Centre, 280 Broadway, Wycheproof Ph: 5493 7455 https://www.vicroads.vic.gov.au/contact-us/officelocations/wycheproof-community-resource-centre</p>
Victorian Patient Transport Assistance Scheme (VPTAS)	<p>Travel and accommodation subsidy for rural people needing to travel 100kms+ one way to the nearest specialist. A VPTAS form may be available at your specialist or GP rooms; go to https://www.health.vic.gov.au/rural-health/victorian-patient-transport-assistance-scheme-vptas</p> <p>Enquiries to Ph:1300 737 073 or Email: vptas@dhhs.vic.gov.au/vptas@dhhs.vic.gov.au</p>
Volunteering	<p>Volunteering is a great way to connect with your community. Enquire at your local Neighbourhood House, Op Shop, Health Service, School or at the Buloke Shire Council.</p>
Watchem – General Information	https://www.wimmeramalleetourism.com.au/our-towns/watchem-victoria
Welfare	See M – Money, Debt & Emergency Relief
Women’s Health	<p>Northern District Community Health Boort 119-121 Godfrey St, Boort Ph: 5451 0260 (Boort, Kerang & Quambatook)</p> <p>Kerang 24 Fitzroy St, Kerang Ph: 5451 0200</p> <p>Quambatook 33 Mildred St, Quambatook Ph: 5457 1300</p> <p>http://www.ndch.org.au/</p>

	<p>Swan Hill District Health Women's Clinics 125 Campbell St, Swan Hill Ph: 5033 9337 Email: chreception@shdh.org.au https://www.shdh.org.au/our-services/womens-health/</p>
Wycheproof – General Information	<p>http://www.aussietowns.com.au/town/wycheproof/; https://www.wimmeramalleetourism.com.au/our-towns/wycheproof-including-nullawil and https://www.wycheproof.vic.au</p>
Youth Programs	<p>Buloke FReeZA Ph: 0429 922 735 (Simone Christine)</p> <p>Birchip- Youth group and Youth room Birchip Neighbourhood House 77 Cumming Ave, Birchip Ph: 0429 922 735 Email; birchipblc@bigpond.com https://www.birchip.vic.au/programs</p> <p>Charlton Youth Group Charlton Neighbourhood house 30-34 High St, Charlton Ph: 5491 2333 or; 0473 759 456 https://www.charltonnh.org.au/youth-matters.html</p> <p>Wycheproof Youth drop in/support/assistance 367 Boardway, Wycheproof Ph: 1300 520 520</p>

**Service Guide funded by the Australian Government Department of Social Services.
For further information go to www.dss.gov.au**

Resources for Buloke Shire families with children 0-12 years

Mallee Family Care Education, Training and Research Unit, Buloke – Published April 2024

Please note post July 2024 this document will no longer be updated by Malee Family Care and should any service provider wish to continue using this document please email ctepper@malleefamilycare.com.au to discuss this takeover process.