

Local Support Services

The Positive Pathways Project is a:

Greater Dandenong–Casey–Cardinia Online [Youth Services Directory](http://youthpositivepathways.com.au/)

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There are many services for young people and families within the City of Greater Dandenong, the City of Casey and Cardinia Shire. This directory brings local service information together in the one place.

It aims to assist young people, families, schools and agencies by improving awareness of and accessibility to services available to young people and their families across the City of Greater Dandenong, the City of Casey and Cardinia Shire.

It gives you easy access to a range of services for:

- Mental Health
- Counselling
- Drug and Alcohol information and support
- Disability support
- Employment services
- Family violence services
- Youth and recreation services,

As well as information to crisis support emergency health lines, such as the following:

HELPLINES

Kids helpline **Phone:** 1800 55 1800

Youth Beyond Blue **Phone:** 1300 22 4636

Lifeline **Phone:** 13 11 14

Respect (family violence) **Phone:** 1800 737732

WEBSITES:

- www.Moodgym.com.au - helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.
- www.Blackdoginstitute.org.au - Researching the early detection, prevention and treatment of common mental health disorders
- <https://au.reachout.com/>

- <https://headspace.org.au/young-people/life-issues/>
- <https://www.biteback.org.au/Learn#>
- <https://www.mindaustralia.org.au>
- <https://studentwellbeinghub.edu.au/>
- www.respectvictoria.gov.au
- <https://kidshelpline.com.au/tools/apps> - click on this link to find some great wellbeing apps for your phone