

## FAMILY VIOLENCE SUPPORT



24/7 Family violence response. For immediate support call: 1800 015 188. Visit: [safesteps.org.au](https://safesteps.org.au)

24/7 Confidential support for sexual assault and domestic violence. Call: 1800 737 732. Visit: [1800respect.org.au](https://1800respect.org.au)



Free and confidential support for migrant and refugee women. Call: 1800 755 988 (9am–5pm, Mon–Fri). Visit: [intouch.org.au](https://intouch.org.au)

Free, confidential support for those experiencing family violence. Offering safety planning, advice, and connections to local services. Call 1800 512 359 or visit [orangedoor.vic.gov.au](https://orangedoor.vic.gov.au)



## MENTAL HEALTH AND WELLBEING SUPPORT



24/7 Crisis Support & Suicide Prevention. Call: 13 11 14. Visit: [lifeline.org.au](https://lifeline.org.au)

Support for depression, anxiety, and related mental health concerns. Call: 1300 22 4636. Visit: [beyondblue.org.au](https://beyondblue.org.au)



Free counselling and advice for young people aged 5 to 25. Call: 1800 55 1800 Visit: [kidshelpline.com.au](https://kidshelpline.com.au)

Free telephone and online counselling service for Australian men. Call: 1300 78 99 78. Visit: [mensline.org.au](https://mensline.org.au)



24/7 crisis support for Aboriginal/ Torres Strait Islander communities. Call: 13 92 76. Visit: [13yarn.org.au](https://13yarn.org.au)



**SANE** We're people like you.

Support for mental health and well-being. Call: 1800 187 263. Visit: [sane.org.au](https://sane.org.au)

Online chat and phone counselling for lesbian, gay, bisexual, transgender, queer and intersex (LGBTQI) young people. Call: 1800 184 527. Visit: [qlife.org.au](https://qlife.org.au)



24/7 phone and online counselling to people affected by suicide. Call: 1300 659 467. Visit: [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)

## OTHER SUPPORT SERVICES

parentline

Confidential advice and support for parents and carers. 8am to midnight, 7 days a week. Call: 1300 30 1300. Visit: [parentline.com.au](https://parentline.com.au)

24/7 support and advice on child health and parenting for children from birth to school age. Call: 13 22 29. Visit: [Maternal and Child Health Line](https://maternalandchildhealthline.org.au)



Confidential support, advocacy, and counselling for individuals affected by sexual assault and family violence. Call: 1800 806 292. Visit: [casacv.org.au](https://casacv.org.au)

24/7 confidential breastfeeding advice and support. Call: 1800 686 268. Visit: [breastfeeding.asn.au](https://breastfeeding.asn.au)



Relationships Australia

Support for individuals, couples, and families navigating relationship challenges. Call: 1300 364 277. Visit: [www.relationships.org.au](https://www.relationships.org.au)

Resource for parents and caregivers, offering expert advice on raising healthy, happy children. Call: 1800 882 436. Visit: [www.raisingchildren.net.au](https://www.raisingchildren.net.au)



## ADDITIONAL INFORMATION

### HEADSPACE

Headspace provides free and confidential support for young people aged 12–25, focusing on mental health, physical health, alcohol and other drugs, work, and study. With centres in [Bendigo](#), [Echuca](#), and [Swan Hill](#), help is available in person, online, or over the phone. LGBTQ+ Diversity Groups are also offered in Bendigo for peer support and connection. If you need support, referrals can be made easily online or by visiting your nearest Headspace.

### ORANGE DOOR

The [Orange Door](#) offers free support services for families, children, and young people. It assists those affected by family violence, families requiring additional help, and individuals who have used violence. No referral or appointment is necessary – just walk in or call 1800 512 359. Available Monday to Friday, 9am–5pm (closed on public holidays). Access the support you need without having to repeat your story.

### MENTAL HEALTH REGIONAL TRIAGE SERVICE (MHRT)

[Mental health regional triage service](#) can be contacted on 1300 363 788. It provides 24-hour access to mental health services across the region and is the single point of initial contact. It involves an initial assessment of a person (typically over the phone or face-to-face) to determine the type and urgency of the response required from mental health or other services.

### MATERNAL AND CHILD HEALTH (MCH) NURSE SERVICE

The Maternal and Child Health (MCH) Nurse service provides essential support to families with children from birth to school age. MCH nurses offer guidance on child development, health care, breastfeeding, immunisations, nutrition, and emotional well-being. A nurse is typically assigned to your family shortly after the birth of your child and will continue to support you through key milestones. To access this service in the Loddon Campaspe Shire, please visit the Loddon Campaspe Shire website or contact your local council. The service is generally free and available to all families.

### TRIPLE P - POSITIVE PARENTING PROGRAM

Triple P is a flexible, evidence-informed program designed to support the social and emotional wellbeing of children aged 0–12 by equipping parents, carers, and educators with practical strategies to build positive relationships, manage behaviour, and support emotional development. Delivered online in group sessions or self-paced formats, Triple P helps reduce anxious, aggressive, or hyperactive behaviour while promoting responsibility, respect, and resilience. The program includes specialised options like the Positive Early Childhood Education (PECE) Program, which boosts educator confidence and supports children's social-emotional skills in early learning settings. With low costs and proven outcomes, Triple P offers accessible, adaptable support for families and educators across Australia. Call: PECE Triple P Victoria 1300 846 811 or email: [contact.au@peceprogram.net](mailto:contact.au@peceprogram.net)

## EDUCATION PROVIDERS

Schools and early childhood education centres, play a vital role in identifying children who may need additional support. They are often the first to notice developmental, emotional, or behavioural concerns in children and can refer children to appropriate services, such as Maternal and Child Health nurses, mental health professionals, or community-based support programs. These referrals help ensure children and families receive the necessary assistance to address their needs and support their well-being. If you are concerned about your child's development or wellbeing, speak to their educator.

## THE PARENT GROUP PROGRAM

The Loddon Children's Health and Wellbeing Local's Parent Group Program offers parents and carers of children aged 0-11 the chance to meet with other parents and mental health staff about mental wellbeing and parenting challenges. The program offers one-on-one consultations with a social worker; parent group information sessions; school holiday parent and child sessions; and longer parenting programs. All programs are facilitated by a social worker. Some common parent information session topics include – What is autism and how can I help?; What is ADHD and how can I help?; Sleep issues; Anxiety in kids; All about anger; Managing big feelings; Supporting self esteem; Building social skills; Parent mental health; Sensory issues; and Stop the tech. To enquire about the Parent Group Program and other Loddon Children's Health and Wellbeing Local services – Call: 1800 433 977, Email: icfhwlocalsebhcs.com.au, or visit [www.loddonchwl.com.au](http://www.loddonchwl.com.au).

## PAEDIATRIC ALLIED HEALTH

For families seeking paediatric allied health services, the NDIS offers a helpful tool to find providers in your area. You can access the NDIS Provider Finder [here](#), which allows you to search for providers based on your location and specific needs. These services cover a broad range of support, including occupational therapy, speech pathology, and behaviour support, all tailored to help children develop essential skills for everyday life, communication, emotional regulation, and social interactions. These services are often funded under Capacity Building Supports in an NDIS plan. Talk to an NDIS provider/ speech pathologist/ occupational therapist to explore support options.



## NDIS AND SPEECH PATHOLOGY

Speech pathologists help children and young people under the NDIS develop essential skills for communication, social interaction, and feeding. A referral to a speech pathologist may occur even if a child can pronounce words clearly – speech pathology covers much more than articulation alone. Their support can include:

- Speech and language development – Improving clarity, understanding, and expression.
- Social skills – Teaching conversation skills, turn-taking, and social cues.
- Literacy support – Assisting with reading, writing, and spelling challenges.
- Feeding and swallowing therapy – Helping manage mealtime difficulties safely.
- Assistive communication – Supporting non-verbal communication methods like AAC devices.
- Family and caregiver training – Providing strategies to reinforce progress at home and school.

## NDIS AND OCCUPATIONAL THERAPY

Occupational Therapists (OTs) help children and young people develop essential skills for everyday life. Through NDIS-funded support, OTs assist with:

- Building independence – Developing motor skills, self-care abilities, and daily routines.
- Sensory and emotional regulation – Helping manage sensory sensitivities and emotions.
- School and social participation – Supporting learning, social interactions, and classroom engagement.
- Assistive technology and environment adaptation – Recommending tools and modifications for accessibility.
- Family support and transition planning – Empowering families with strategies for long-term success.

## NDIS AND BEHAVIOUR SUPPORT PRACTITIONERS

Behaviour Support Practitioners help children and young people develop positive behaviours, emotional regulation, and social skills. Their support includes:

- Behaviour assessment – Identifying triggers and underlying causes of challenging behaviours.
- Personalised behaviour support plans – Creating strategies to reduce difficulties and encourage positive actions.
- Skill development – Teaching emotional regulation, social interaction, and communication strategies.
- Family and carer training – Equipping caregivers with practical tools for consistent support.
- Crisis intervention and safety planning – Helping manage challenging situations safely.
- Collaboration with other professionals – Working with therapists, educators, and support networks for a holistic approach.