

Support Services - Where to go for support, information and resources

Emergency (24 hours, 7 days a week)

- Emergency services 000
- Mental Health Service (Psych Triage) 1300 369 012

Hospitals (Have an Emergency Department, open 24 hours a day, 7 days a week)

- Casey Hospital - 62-70 Kangan Drive, Berwick 8768 1200
- Dandenong Hospital – 135 David Street, Dandenong 9554 1000
- Monash Medical Centre – 246 Clayton Road, Clayton 9594 6666

Medical Clinics & General Practitioners (Doctors)

- Call your regular Medical Clinic/General Practitioner (GP)
- Visit National Health Service Directory www.nhsd.com.au to find a local GP (doctor)
- After Hours GP Helpline - 1800 02 22 22
- GP2Home – After hours, Medicare bulk billed GP to your home - 1800 472 4663
- Casey Super Clinic - 50 Kangan Drive, Berwick (T) 9707 4777. 24 hours, 7 days (all public holidays)

Telephone counselling and support

- Lifeline – 13 11 14. 24 hours, 7 days a week
- Beyond Blue Support Service – 1300 224 636. 24 hours, 7 days a week
- Men’s Line – 1300 789 978. 24 hours, 7 days a week
- Parentline Victoria – 13 22 89
- Grief Line - 9935 7400. 12pm – 3am, 7 days a week. Includes counselling in diverse languages.

Online Support

- Lifeline Crisis Chat – Available 7pm – 4am, 7 days a week
<https://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat>
- Beyond Blue Support Service – Available 4pm to 10pm, 7 days a week.
<https://online.beyondblue.org.au/WebModules/General/>
- Men’s Line – Online and video counselling
<https://www.mensline.org.au/user/register>

Local Support Services

- Casey North Community Information and Support Service
Suite S1006, Overland Drive, Fountain Gate, VIC 3805
Telephone: 9705 6699
Website: www.caseynorthciss.com.au.
Services: community information, social work support, counselling, financial counselling, no interest loan scheme, emergency relief program, and budgeting.
- Windermere Child and Family Services - Head Office
48 Webb Street, Narre Warren, VIC 3805
Telephone: 9705 3200
Website: www.windermere.org.au
Services: Disability services, family day care, in home childcare, early childhood development services, family services, housing support, victims assistance and counselling program and On Track: allied health and wellbeing services.
- Anglicare Victoria - Dandenong
Address: 15 Scott Street, Dandenong, 3175

Telephone: 9708 8568

Website: <http://www.anglicarevic.org.au>

Services: foster care, food and material aid, care for children with disabilities, family and financial counselling, assistance for victims of child abuse and neglect, parenting advice and support, residential and crisis accommodation for young people, and advocacy

- Connection UnitingCare – Provide support services for families, children, young people and individuals in South-East Melbourne
 - Dandenong branch – 8792 8999
 - Doveton branch – 9794 0725
 - Narre Warren branch – 9704 8377

Online information & Resources

- Parentline – Advice, support, information, resources for parents - <http://www.parentline.com.au/>
- City of Casey - Events, facilities, support, information, resources - <http://www.casey.vic.gov.au/Home>
- Raising Children Network – The Australian Parenting Website - <http://raisingchildren.net.au/>
- Kidspot Australia – Kids activities, Parenting information, tips, advice and community
<http://www.kidspot.com.au/>
- Health Translations – Information and resources translated in 90 languages
<http://www.healthtranslations.vic.gov.au/bhcv2/bhcht.nsf>

Other services

- Nurse on Call – Health advice (24 hours, 7 days a week) – 1300 606 024