

Local Support Services

Meals

Big Umbrella	Fed Square (behind)			Wed/Thurs from 7pm
Grill'd	Southern Cross station			First Tues of the month from 5pm
St Peters Church	15 Gisbourne St, East Melb	www.spehcf.com.au		7.30 – 9am (breakfast)
Sacred Heart Mission	87 Grey St, St Kilda	www.sacredheartmission.org		Mon/Fri 8.30am -10.30am 11.30am – 1pm
Banyule Council		www.banyule.vic.gov.au/Community-services/Home-support-services Meals delivery	03 9422 8388	

Support services

Ozanam House	179 Flemington Rd, North Melbourne	www.vincentcare.org.au housing, showers, meals, laundry, health services	1800 825 955	8am – 4pm
Avalon Centre	Fed Square	www.avaloncentre.org.au clothing, blankets, food, supports	03 9569 2240	Wed nights
The Living Room	Hosier Lane, Melb	www.youthprojects.org.au/the-living-room health, meals, showers	1800 440 188	9.30am – 4pm
Reservoir Neighbourhood House	2C Cuthbert Road, Reservoir	www.reservoirnh.org.au showers, food pantry	03 8488 6655	
Launch Housing		www.launchhousing.org.au	1800 825 955	

Salvation Army	69 Bourke St, Melbourne	Support services	(03) 9653 3213	
Diamond Valley Community Support	Greensborough Plaza	www.dvsupport.org.au emergency relief, food/vouchers	(03) 9435 8282	
Orange Door	56 Burgundy St, Heidelberg	www.orangedoor.vic.gov.au Family violence service	1800 319 355	9am-5pm Mon/Fri
Safe Steps		www.safesteps.org.au Family violence service	1800 015 188	24 hrs/7 days
Child Protection		For young people at risk	13 12 78	5pm – 9am Mon/Fri, 24 hours at weekend
Rainbow Door		www.switchboard.org.au/rainbow-door specialist advice to LGBTIQ+	1800 729 367	10am – 5pm 7 days

Sexual Assault Crisis			1800 806 292	
North East Citizen Advocacy	56 Gabonia Av, Watsonia Sth	www.citizenadvocacy.com.au Advocacy support for people with intellectual disability	03 8407 3684	
Banyule Council		www.banyule.vic.gov.au/Community-services/ Home-support-services	03 9457 9916	
My Aged Care		www.myagedcare.gov.au Home help or assistance with aged care homes	1800 200 422	Mon/Fri 8am-8pm

Health services

Banyule Community Health	21 Alamein Rd., West Heidelberg	www.bchs.org.au	(03) 9450 2000	
Mandy Dean – district nurse		Email mdean1@boltonclarke.com.au Primary health, support to seek legal/housing services	0419 266 019	