Mental Health & Wellbeing Support Services Directory

About the service directory

The service directory shows the services available in late 2026. Services change constantly; they may close, relocate, expand or change focus. New services may emerge. Please use this as a reference point, not a permanent directory.

This directory does NOT show how many people can access each service, how many people need the service, current waiting times, or service quality. It does not capture whether services are achieving positive outcomes, whether people feel safe and welcomed, or whether services are adequately funded or sustainable.

This directory was created using publicly available information (websites, council directories, PHN listings). It is not based on a comprehensive audit of all services in the municipality. Some services may be missing due to limited public visibility.

The directory will be reviewed and updated annually. This version is updated in November 2026.

I. Mental Health Services

For Emergency or Need Immediate Help

If you are in an emergency, in danger or you or someone close to you has seriously harmed themself, call Triple Zero (000) for emergency services.

If you are not in an emergency situation, but you need immediate help, call one of the following helplines that offer crisis support and counselling over the phone:

- Lifeline – call 13 11 14 for this free, 24-hour Australia-wide crisis support and suicide prevention service.
- Mensline – call 1300 789 978 for this free, 24-hour Australia-wide counseling support for men with concerns about mental health, relationships, anger management, family violence (using and experiencing), stress and suicidal thoughts.
- Suicide Call Back Service – call 1300 659 467 for this free service for people having suicidal thoughts, family or friends affected by suicide and healthcare professionals treating suicidal people.
- SuicideLine – call 1300 651 251 for free and anonymous support, 24 hours a day, seven days a week across Victoria.

The services are categorized as the table of content.

Contents

Crisis and Suicide 3
General Mental Health 4
Specialist mental health 6
Aboriginal and Torres Strait Islander communities 7
Addiction – Alcohol, Drug, and Gambling 9
Families, Children and Youth 11
Men 13
Culturally and Linguistically Diverse communities 14
Family Violence and Sexual Assault 15
Legal support 17
LGBTIQA+ communities 17
Older adults (65+) 18
People with disability 18
Carers 19
Peer Support 19

Crisis and Suicide

Service	Description	Contact information
BEYOND BLUE	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	**Phone: 1300 224 636 (24/7)** Visit the Beyond Blue website
LIFELINE	Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24/7 crisis support and suicide prevention services.	**Phone: 131 114 (24/7)** SMS: 0477 131 114 (12pm–2am) Start an online chat (12pm–2am) Find a local service Visit the Lifeline website
SUICIDE CALL BACK SERVICE	Free counselling 24/7, whether you're feeling suicidal, are worried about someone else, or have lost someone to suicide.	**Phone: 1300 659 467 (24/7)** See online and video chat options Visit the Suicide Call Back Service website
Support After Suicide	Free all-ages counselling, support groups and online resources for those bereaved by suicide.	**Phone: 03 9421 7640** **Visit JSS Support After Suicide website**
SUICIDE LINE VICTORIA	Suicide Line Victoria is a free 24/7 telephone, video and online counselling service offering professional support to people at risk of suicide, people concerned about someone else's risk of suicide, and people bereaved by suicide.	**Phone: 1300 651 251 (24/7)** See online and video chat options Visit the Suicide Line Victoria website

General Mental Health

Service	Description	Contact information
Medicare Mental Health	A trained professional will take your call, give you advice, and if you need it, connect you to a free "Head to Health Clinic" or help you find the most appropriate local support that suits your needs. A large range of online programs and resources are also available – find the right digital mental health support for your needs.	**Phone**: **1800 595 212** **Visit Medicare Mental Health website** **Head to Health Clinic**
Black Dog Institute	Black Dog Institute is the only independent medical institute in Australia investigating mental health research for all ages. Using its unique translational approach allows it to quickly turn world-class scientific findings into clinical services, educational programs and e-health products that improve the lives of people with mental illness.	**Visit Black Dog Institute website**
Grief Line	Free counselling and support to people experiencing loss and grief at any stage in life.	**Phone: 1300 845 745** **Visit Grief Line website**
Mental Health and Wellbeing Hubs	The Victorian Government's Mental Health and Wellbeing Hubs are available to Victorians of all ages who have any mental health or wellbeing concerns. Support is also available for families, friends and carers of people who are experiencing mental health issues.	**Phone: 1300 375 330** **betterhealth.vic.gov.au/mental-health-and-wellbeing-hubs**
Mental Health And Wellbeing Local (darebin) Neami National	Treatment and care for mental health concerns, psychological distress, and co-occurring substance use issues.	**Phone:** 1800 979 545 **Email:** darebinlocalservice@neaminational.org.au **Mental Health Local Service in Darebin | Neami National**

SANE Australia	SANE has rolled out a new guided service that provides free tailored digital and telehealth support services for people with complex mental health issues and their families and carers. Complex mental health issues include bipolar, schizophrenia, complex trauma, and other diagnoses, as well as co-occurring issues such as autism and intellectual disability.	**Visit SANE Australia website**
NORTH-WESTERN MENTAL HEALTH TRIAGE SERVICE	This Triage service is the first point of contact for people in the north-western areas of Melbourne who are seeking support through a clinical mental health service. The service is a telephone-based assessment and support service which operates 24 hours, 7 days a week. It is staffed by senior mental health clinicians, a psychiatric registrar and a consultant psychiatrist.	**Phone: 1300 874 243 (24/7)** Visit the North-Western Mental Health website
St Vicent's Northcote (Aged Area Mental Health Service)	Assessment, treatment, outreach, and ongoing psychiatric support.	**Phone:** 1300 558 862 Mental Health - St Vincent's Hospital Melbourne
NURSE ON CALL	Nurse on call puts you directly in touch with a registered nurse for caring, professional health advice around the clock.	**Phone: 1300 606 024 (24/7)** Learn more about Nurse On Call
Your Community Health	Provide inclusive, accessible health and wellbeing services for all people in northern Melbourne. Services are available in three health centers in Darebin, in a range of community settings, or in your own home.	**Phone: 8470 1111** Email: info@yourcommunityhealth.org.au Mental Health Services | Your Community Health

Uniting Community Services Organisation	Provide mental health services; alcohol and other drugs, social support and youth services	**Uniting Vic.Tas | Community Services Organisation** **Guide Me | Uniting Vic.Tas**
MindSpot Wellbeing	Services are delivered online or via telephone and are free of charge. Our services include confidential psychological assessments and clinically-proven treatments.	**Phone: 1800 614 434** **https://www.mindspot.org.au/**

Specialist mental health

Service	Description	Contact information
Specialist Mental Health	Operates 24 hours a day, 7 days a week. Provides immediate telephone access to an experienced mental health clinician who can help determine the type and urgency of the response needed. This is a free service.	**Phone**: **1300 874 243**
Specialist Older Adult Community Service (SOACS-MH) – Bundoora Centre	Acute assessment, recovery planning, and supporting transition from inpatient units to community living.	**Phone:** 1300 676 227 **Specialist Older Adults Community Service (SOACS) – Northern Health**
Northern Health -Specialist Mental Health Services	Assess and provide specialist mental health services and we are committed to working in partnership with people and their families or carers during their recovery journey.	**Mental Health Services – Northern Health** • Adult Community Mental Health Services • Child and Youth Mental Health Services • Inpatient services • Outreach Services • Emergency Mental Health • Prevention and Recovery • Community Care Units

Austin ICYMHS Infant Child & Youth Mental Health Service	Acute Care, Inpatient and outpatient	**Phone:** 1300 859 789 **Austin Health: Child & youth mental health**

Aboriginal and Torres Strait Islander communities

Service	Description	Contact information
Victorian Aboriginal Health Service (VAHS)	The VAHS Family Counselling Service provides culturally safe social emotional wellbeing and mental health counselling, cultural healing and recovery programs, care coordination and outreach support.	**Phone (general enquiries): 9419 3000** **Phone (Preston): 9403 3300** (9am–5pm, Monday to Thursday; 9am–4pm, Friday) Email: info@vahs.org.au Visit the VAHS website
Victorian Aboriginal Legal Service	VALS plays an important role in providing referrals, legal advice/information, duty work or case work assistance to Aboriginal and Torres Strait Islander peoples in the State of Victoria.	**Phone: 1800 064 865** Email: vals@vals.org.au Visit the VALS website
Well Mob	WellMob brings together online resources made by and for our mob. Here you will find websites, apps, podcasts, videos, social media, and online counselling all with a focus on social and emotional wellbeing.	Visit the Well Mob website View their options for getting in touch
Dardi Munwurro	Men's and family counselling services, including mensline specifically for Aboriginal men.	**Phone**: **1800 435 799** **Visit Dardi Munwurro website**

Djirra – Family violence support service for Aboriginal people	Free practical support to Aboriginal women and particularly to Aboriginal people who are currently experiencing family violence or have in the past.	**Phone: 1800 105 303** **Visit Djirra website**
Ngwala Willumbong (outreach)	Specialist alcohol and drug (AOD) residential rehabilitation and outreach support.	**Phone: (**03) 9510 3233 **Aboriginal Alcohol and Drug Outreach Programs - NGWALA**
Thirrili – National Indigenous Critical Response Service (NICRS)	The NICRS supports individuals, families and communities affected by suicide or other significant trauma. A critical response support advocate can be contacted 24/7.	**Phone: 1800 805 801** **Model of Care | Thirrili**
Victorian Aboriginal Child Care Agency	Family counselling and a range of support services for the Victorian Aboriginal community.	**Phone for Preston: 03 9480 7300** **Visit VACCA website**
Yarning SafeNStrong	Yarn safely with culturally suitable counsellors who 'get it', no matter how big or small the challenge. 24 hours a day, 7 days a week.	**Phone: 1800 959 563** **vahs.org.au/yarning-safenstrong**
For more information, refer to Aboriginal Darebin.		

Addiction – Alcohol, Drug, and Gambling

Service	Description	Contact information
ALCOHOLICS ANONYMOUS – NORTH WEST INTERGROUP	Alcoholic Anonymous (AA) provide a 24/7 telephone answering service established to help carry the AA message in the local area to those seeking help. The Intergroup is self-supporting and relies on volunteer AA members to perform the service work of answering calls.	**Phone: 0419 610 025 (24/7)** Find a local meeting Email: nwigcommittee@gmail.com Visit the AA – North West Intergroup website
COUNSELLING ONLINE	Counselling Online is a free and confidential service that provides 24/7 support to people across Australia affected by alcohol or drug use. They offer professional support from a counsellor, peer support including forums and programs, and self-help options such as self-assessments and online modules.	**Phone (DirectLine): 1800 888 236 (24/7)** View online support options Visit the Counselling Online website
DIRECTLINE	DirectLine provides 24/7 anonymous and confidential telephone counselling, information and referral service for anyone in Victoria wishing to discuss an alcohol or drug-related issue.	**Phone: 1800 888 236 (24/7)** View support options Find a local service Visit the DirectLine website
GAMBLING HELP ONLINE	Gambling Help Online provide free 24/7 chat and email counselling and support services. They also have extensive website content, self-help information and weblinks for additional support.	**Phone: 1800 858 858 (24/7)** Create an account to access online services Visit the Gambling Help Online website
Holstep Health – Gambling Support for Darebin	Confidential support for people experiencing harm from their gambling and for those affected by someone else's gambling.	**Phone: 9450 2000** **Gambling related counselling - Holstep Health**

NARCOTICS ANONYMOUS	Narcotics Anonymous is a non-profit fellowship of men and women for whom drugs had become a major problem. Those recovering meet regularly to help each other stay clean.	**Phone: 1300 652 820 (24/7)** To receive a list of local meetings starting in the next 24 hours, SMS your postcode and state/territory to: 0488 811 247 Visit the Narcotics Anonymous Australia website
NATIONAL ALCOHOL AND OTHER DRUG HOTLINE	Call the National Alcohol and Other Drug Hotline for free and confidential advice about alcohol and other drugs.	**Phone: 1800 250 015 (24/7)**
Odyssey House Victoria	Odyssey House Victoria is a specialist alcohol and other drug treatment organisation that provides holistic opportunities for change and growth by reducing drug use, improving mental health, and reconnecting people to family and the community.	**Phone: 9420 7600** Visit the Odyssey House Victoria website
Turning Point	Our Church Street Richmond location serves people from all over Victoria who are affected by alcohol, drug or gambling addictions. We deliver a broad range of services from this site including clinical services, training and research.	**Phone: 8413 8444** Learn more about Turning Point
Your Community Health AOD programs	Community Safety Outreach Program Needle and syringe program Steroid education Stop smoking support Reconnexion	**Phone: 8470 1111** Email: info@yourch.org.au Further information: Needle and Syringe Program | Your Community Health
For more information, refer to Drugs and alcohol.		

Families, Children and Youth

Service	Description	Contact information
drummond street services	Adopts a whole-of-family and community-based approach to providing support. Available for personal counselling, parenting classes, seminars, or facilitated groups	**Phone:03 9663 6733** **Visit Drummond Street Services website**
ForWhen Helpline	**ForWhen** provides new and expecting parents – mums, dads, and guardians – with a caring, supportive mental health navigation service, to guide you and your family throughout your perinatal journey, from your baby's conception until their first birthday. It's a national support line that connects you to the right service that can help you understand what you're feeling and provide the guidance and support you need at the right time	**Phone: 1300 24 23 22** **Visit forwhenhelpline.org.au.**
Headspace	Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to people aged 12-25. Headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support.	**Phone: 1800 650 890** (9am–1am, everyday) **headspace Collingwood** **Phone**: **03 9417 0150** Create an account to access online services Visit the Headspace website
Headspace Youth Mental Health Services (Community based, Darebin)	Youth outreach - Mental health counselling (anxiety, depression, stress, trauma) targeting 12 – 25 years	**Phone:** 03 9417 0150 The Hub @ Northland, 2–50 Murray Road, Preston

KIDS HELP LINE	Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	**Phone: 1800 55 1800 (24/7)** Start an online chat (24/7) Email: counsellor@kidshelpline.com.au Visit the Kids Help Line website
Orygen Specialist Program	Provide specialist mental health services for young people aged 15 to 25 who reside in the western and north-western regions of metropolitan Melbourne. Focus on providing early intervention to young people with severe and/or complex mental illness.	**Phone (new referrals): 1800 888 320** **Phone (general enquiries): 9966 9100** Get in touch via the online form Visit the Orygen Specialist Program website
PANDA - Perinatal Anxiety and Depression Australia	Free information and helpline service for women, men and their families who are finding it difficult to cope leading up to or following the birth of a child.	**Phone: 1300 726 306** **Visit Panda website**
Safe Steps	Free professional support services for women and children experiencing violence and abuse from a partner or ex-partner, another family member or someone close to them.	**Phone: 1800 015 188** **Visit safesteps website**
Orange Door	Orange Door can help a person and a family by providing support for concerns with parenting, relationships, and family violence.	**Support near you | orangedoor.vic.gov.au** **Contact us | orangedoor.vic.gov.au**
1800 My Options	A confidential and free phone line and online service, giving you information about contraception, pregnancy options (including abortion) and sexual health. We're proudly pro-choice, non-judgmental, woman-centred and independent.	**Phone: 1800 696 784** (9am–5pm, weekdays, excluding public holidays) Email: info@1800myoptions.org.au Visit the 1800 My Options website

Tabor House Youth Withdrawal Unit	Tabor House Youth Residential Withdrawal Unit offer a safe, supportive environment for young people aged 12-25 to withdraw from substances and embark on positive lifestyle changes. They can also provide brief counselling and health related information and support.	**Phone (enquiries): 5334 8166** (9am–4.30pm, weekdays) **Phone (intake): 5332 1286** Email: ballarat.intake@vt.uniting.org
ReachOut	Online community for young people between the ages of 14-25 to chat, connect and support each other.	**forums.au.reachout.com**
YOUTH DRUG AND ALCOHOL ADVICE (YODAA)	YoDAA is Victoria's Youth Drug and Alcohol Advice service. Whether you are a young person, or someone concerned, YoDAA provides the simplest way to access the information and support that you need.	**Phone: 1800 458 685 (24/7)** Email: advice@yodaa.org.au Visit the YoDAA website
Youth Support and Advocacy Service (YSAS)	The prime focus of YSAS is effective alcohol and drug treatment for youth however they also provide young people and families with services that support improved mental health and improve meaningful community participation.	**Phone (Head Office): 9415 8881** Get in touch via the online form Visit the YSAS website
For more information, refer to Children and families		

Men

Service	Description	Contact information
MensLine Australia	Free telephone and online support, information and referral service to help men with relationship and other problems.	**Phone**: **1300 789 978** **mensline.org.au**

You Got This Mate	A website that provides tips and info to help men reach their best possible mental health.	**yougotthismate.com.au**

Culturally and Linguistically Diverse Communities

Service	Description	Contact information
Asylum Seeker Resource Centre (ASRC)	ASRC are an independent not-for-profit organisation whose programs support and empower people seeking asylum to maximise their own physical, mental and social wellbeing.	**Phone: 9326 6066** (10am–5pm, weekdays) Email: admin@asrc.org.au Visit the Asylum Seeker Resource Centre website
Embrace – Multicultural Mental Health	Provide a national platform for Australian mental health services and multicultural communities to access resources, services and information in a culturally accessible format.	**Phone: (02) 6285 3100** Email: multicultural@mhaustralia.org Visit the Embrace website
Heart Chat	Heart Chat aims to make it easier for people who speak languages other than English to read and understand information about mental health.	Visit the Heart Chat website Email: hello@heartchat.com.au
Cabrini Asylum Seeker and Refugee Health Hub	Free health services for people seeking asylum and newly arrived refugees.	**Phone**: **03 9508 1222** **cabrini.com.au**
Foundation House	Free counselling and support for people who have experienced refugee trauma. Supporting survivors of torture and other traumatic events.	**Phone: 03 9389 8900** **foundationhouse.org.au**
Australian Vietnamese Women's Association	The Australian Vietnamese Women's Association's (AVWA) 'Pathways to Wellbeing' helps you find mental health services, learn about the new Victorian mental health system and your rights. The program gives information about AVWA services, legal	**Visit the AVWA website for more information.**

	services and using interpreters. It does not ask you for any information that would identify you and will help you find services that respect your confidentiality.	
Centre for Muslim Wellbeing	Centre for Muslim Wellbeing (CMW) provides a list of culturally responsive mental health practitioners and services that meet the needs of multicultural communities. The list includes psychologists, counsellors, social workers and other health professionals. Provider information includes areas of specialisation, contact details, availability, cost and referral information. **Visit this page** for a list of professionals. A navigator is also available to help you find what you need across health and social services.	**Phone: 0472 668 010 or** **email admin@cmw.org.au,** **Monday to Friday 9am-5pm.** **For more information visit the CMW website.**
Jewish Care	Jewish Care provides Jewish and Israeli individuals and families living in Victoria with a range of culturally appropriate services. These include wellbeing support services, and help navigating the service system to access support. Services are available online or in-person and via self-referral or GP referral.	**Phone (03) 8517 5999** **Monday to Friday 9am-5pm.** **Self-referrals are welcome, or visit Jewish Care Mental Health support.**
Translating and Interpreting Service	Free interpreter services for people who do not speak English at the cost of a local call.	**Phone: 131 450** **tisnational.gov.au**
For more information, refer to Multicultural services and diversity.		

Family Violence and Sexual Assault

Service	Description	Contact information
InTouch – Multicultural Centre Against	Free support services for migrant and refugee women who are experiencing or have had	**Phone**: 1800 755 988 Visit intouch website

Family Violence	experiences of family violence. 9am-5pm weekdays.	
1800 RESPECT	1800RESPECT is a 24/7 counselling and information service that supports people impacted by sexual assault, domestic or family violence and abuse.	**Phone: 1800 737 732 (24/7)** Visit the 1800Respect website
National Redress Scheme	The National Redress Scheme is for people who have experienced institutional child sexual abuse.	View the Victorian Redress Support Services Learn more about the National Redress Scheme
Northern CASA	Northern Centre Against Sexual Assault (NCASA) provides a free service to all members of the community aged 12 years and over who are affected by sexual assault.	**Phone: 9496 2240** Email: ncasa@austin.org.au Learn more about Northern CASA
Blueknot	Telehealth service that offers trauma specialist support to adults who are impacted by complex trauma as a result of trauma and abuse that occurred when they were a child. It also supports partners, family members, friends, health professionals and service personnel who are supporting people who have experienced abuse.	**Phone: 1300 657 380** (9am–5pm, 7 days a week including public holidays) Email: helpline@blueknot.org.au Blue Knot Helpline
For more information, refer to Family violence and counselling.		

Legal support

Service	Description	Contact information
Fitzroy Legal Service	Offer legal advice and representation services across our 'Night Service' and 'Day Practice'. The Night Service provides free legal advice on a range of legal issues. The Day Practice provides mostly casework and legal representation in a range of specialist areas.	**Phone (Day Practice): 9419 3744** (9am–5pm, weekdays) **Phone (Night Service): 9419 3744** (6pm–9pm, weekdays) Visit the Fitzroy Legal Service website
Victorian Aboriginal Legal Service	VALS plays an important role in providing referrals, legal advice/information, duty work or case work assistance to Aboriginal and Torres Strait Islander peoples in the State of Victoria.	**Phone: 1800 064 865** Email: vals@vals.org.au Visit the VALS website
Victorian Legal Aid	Victorian Legal Aid provide free legal information and education to all Victorians, with a focus on prevention and early resolution of legal problems.	**Phone: 1300 792 387** (8am–6pm, weekdays) Start an online chat (8am–6pm, weekdays) Visit the Victoria Legal Aid website
For more information, refer to Legal services.		

LGBTIQA+ communities

Service	Description	Contact information
QLife	QLife provides anonymous and free LGBTIQA+ peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings, or relationships.	**Phone: 1800 184 527** (3pm–midnight, everyday) Start a webchat (3pm–midnight, everyday) Visit the QLife website

Rainbow Door	Rainbow Door is a free specialist LGBTIQA+ helpline providing information, support, and referral to all LGBTIQA+ Victorians, their friends and family during the COVID-19 crisis and beyond.	**Phone: 1800 729 367** (10am–5pm, everyday) SMS: 0480 017 246 Email: support@rainbowdoor.org.au Visit the Rainbow Door website
Mind Equality Centre	The Mind Equality Centre is a safe place for LGBTIQ people that provides psychological and allied health counselling for individuals, couples and families.	**Phone: 1300 054 284 (13 000 LGBTI)** **Email: MindEqualityCentre@mindaustralia.org.au** **mindaustralia.org.au/mind-equality-centre**
queerspace	queerspace provides low or no-cost confidential counselling, peer support and a range of other services to support LGBTIQ people and their families.	**Phone: 03 9663 6733** **Visit queerspace website**
Switchboard Victoria	Free, peer-driven support services for LGBTIQ people, their families, friends and communities.	**Phone: 03 9663 2474** **Visit switchboard website**
For more information, refer to LGBTIQ+ services or LGBTQI+.		

Older adults (65+)

For information about the support, resources, and activities we provide, refer to Older adults.

People with disability

For information about accessibility, disability services, and how we can support you, refer to People with disability.

Carers

Service	Description	Contact information
Carers Australia – Victoria	Provides information about available supports for carers in Victoria.	**Phone:** 1800 514 845 carersvictoria.org.au
Carer Gateway	A free service providing an entry point to carer support services across the country.	**Phone:** 1800 422 737 carergateway.gov.au
SANE Australia forums	SANE supports people living with complex mental health issues, and the people who care for them. SANE hosts safe, anonymous mental health discussions which are monitored 24/7 by mental health professionals.	**Phone:** 1800 18 7263 sane.org/forums
Tandem	Victorian peak body representing carers of people living with mental illness. Provides a range of lobbying, research, policy, training and support services to family and friends.	**Phone:** 1800 314 325 tandemcarers.org.au

Peer Support

Service	Description	Contact information
GROW mental wellbeing programs	Offering group peer support in mental health recovery.	**Call:** 1800 558 268 **to find a group near you.** grow.org.au
SANE Australia forums	SANE supports people living with complex mental health issues, and the people who care for them. SANE hosts safe, anonymous mental health discussions which are monitored 24/7 by mental health professionals.	**Phone:** 1800 18 7263 sane.org/forums

II. Wellbeing Support Services in Darebin and surrounding suburbs

Service	Description	Contact information
Alphington Community Centre	Deliver programs and services across the neighbourhood from 9am to 9pm weekdays, including playgroups and our toy library for young families, activities for older community members	**Phone:** 03 9499 7227 2 Kelvin Road, Alphington Alphington Community Centre
Ermha 365's Distress Support Service	Crisis-prevention, emotional-support, and outreach program.	**Phone:** 1300 376 421 Level 1, 345 High Street, Northcote
Jika Jika Community Centre	Social connection, inclusivity, opportunities for community participation and human friendship.	**Phone:** (03) 9482 5100 Email: office@jikajika.org.au Corner of Plant Street & Union Street, Northcote **Jika Jika Community Centre**
Merri Outreach Support Service (MOSS)	Support service for youth, family, people who are homeless or at risk of homelessness in the Northen suburbs of Melbourne	**Phone:** (03) 9482 3488 279 Hight Street, Northcote **Find Support Programs - MOSS**
Action On Disability Within Ethnic Communities (ADEC)	CALD people with disability and psychosocial needs through culturally responsive disability, mental-health–related, and carer wellbeing services.	**Phone: (**03) 9480 7000 175 Plenty Road, Preston **NDIS Support Groups Melbourne | Disability Social Groups Melbourne**
Bridge Darebin (Preston & Thornbury)	LGBTQIA+ mental health–protective groups (Bridge Queer Gathering).	**Phone:** 03 9484 5806 218 High Street, Preston Bridge Darebin - Neighbourhood house in Preston & Thornbury
Darebin Information, Volunteer & Resource Service (DIVRS)	Provides emergency relief, case management for complex issues including mental health, and financial advocacy.	**Phone:** (03) 9480 8200 285-287 High St, Preston Visit DIVRS Website
PRACE – Merrilands Community Centre	Pathways that support mental health recovery through training and inclusion.	**Phone**: 03) 9462 6077 **Email:** Office@prace.vic.edu.au About Us - Prace

SPAN Community House (Thornbury)	Span Community House is open for everyone to find a sense of connection and belonging. It's also a safe place to learn and be active	**Phone:** 9480 1364 64 Clyde St, Thornbury VIC 3071 Span Community House
Reservoir Neighbourhood House	Social support and connection activities, Community-based programs, Safe, inclusive spaces aimed at reducing isolation.	**Phone:** (03) 9462 4611 **Email: rnadmin@optusnet.com.au** **Reservoir Neighbourhood House**
East Preston Community Centre	a range of social activities such as network meetings, community groups, food sharing and demonstrations, gardening and workshops.	**Phone:** 03 8470 8107 **Email: epcc@darebin.vic.gov.au** 7 Newton Street, Preston **Visit EPCC Program**
Gurwidj Koori Neighbourhood House (Thornbury)	Cultural, social, emotional, and community wellbeing programs for Aboriginal and Torres Strait Islander women and families.	**Phone:** (03) 9480 7777 2 Watt Street, Thornbury VIC 3071(Corner of Watt Street & St Georges Road) Gurwidj Koori Neighbourhood House | Aborigines Advancement League
SPAN Community House (Thornbury)	Social connection to meet new people	**Phone:** 9480 1364 **Span Community House**

See below for more information on how Darebin can support you:

- Emergency Relief
- Homelessness
- Support for parents