



Pyrenees
Shire Council

Christmas holiday period social support

Food relief, social connection and support services available over the Christmas / New Year period in Pyrenees Shire and surrounds.

Emergency food relief and meal programs

Beaufort Food Pantry 72 Neill Street, Beaufort
Friday 20th December: 11am-1pm Friday 3rd January: 11am-1pm

Avoca Food Pantry 13 Liebig Street, Avoca
Friday 20th December: 1pm-3pm Friday 3rd January: 1pm-3pm
Call Avoca Information Centre on 5465 1060 for food relief emergencies.

Maryborough Community House 23 Primrose Street, Maryborough
Call Maryborough Community House on 5461 4551 for information on the food relief service.

On Christmas Day:

Pyrenees Community House Beaufort Christmas Lunch

Beaufort RSL – 13 Willoby Street, Beaufort

- This meal is open to Pyrenees residents on their own, lone parents and their children seeking companionship on Christmas Day.
- Bookings are essential and can be made through Sheina, phone 0400 949 157.

Carisbrook Lions Club “Christmas with Us”

- Maryborough Harness Racing Club – 337 Bucknall Street, Carisbrook
- Bookings are essential and can be made through Jefferson 04027 326 166 or Carol 0427 828 466.

Emergency support services: for non-life-threatening emergencies

Ballarat Priority Primary Care Centre

Phone 03 4320 0820

4 Windermere Street, Ballarat, or visit ballaratppcc.com.au

Victorian Virtual Emergency Department:

Visit vved.org.au for 24 hours a day video call service to connect with doctors and nurses.

Maternal and Child Health Line

Phone 13 22 29 – 24 hours a day telephone service for issues relating to children aged birth to school age.

Safe Steps Family Violence Response Centre

Phone 1800 015 188 – free call, available 24 hours a day. You can also call (03) 9322 3555 or visit

www.safesteps.org.au

The Orange Door

Help for people who are experiencing family violence or those who need support with the care and wellbeing of children and young people.

Ballarat

21 Armstrong St N, Ballarat Central
Ph: 1800 219 819
Email: cha@orangedoor.vic.gov.au

Bendigo

57 View Street, Bendigo
Ph: 1800 512 359
Email: loddon@orangedoor.vic.gov.au

Skipton

Beaufort and Skipton Health
2 Blake Street, Skipton
Ph: 1800 271 180

Maryborough

75 Clarendon Street, Maryborough
Ph: 1800 512 359
Email: loddon@orangedoor.vic.gov.au

Other useful contacts

Better Health Channel

Health and medical info to improve health and manage medical conditions. www.betterhealth.vic.gov.au

Beyond Blue – phone 1300 22 4636

Online chat; info about depression and anxiety www.beyondblue.org.au

MensLine Australia – phone 1300 78 99 78 (24 hrs)

Support and information for men; helping men recognise and stop using violence or abuse; advice and support for men experiencing violence in their family or relationships. <https://mensline.org.au>

Kids Helpline – phone 1800 551 800 (free call 24 hrs)

Free, 24-hour phone and online counselling service for 5 to 25-year-olds. <https://kidshelpline.com.au/>

Headspace – phone 1800 650 890

Free phone | online support | counselling 12-25's & family <https://headspace.org.au/eheadspace>

National Sexual Assault, Domestic and Family Violence Counselling Service – 1800 737 732 (free call 24 hrs)

1800 RESPECT sexual assault, domestic and family violence counselling service. You can also connect to an online counsellor from their website: www.1800respect.org.au

Child Protection Emergency Service – phone 13 12 78 (free call 24 hrs)

Call the Child Protection if you believe a child needs to be protected from abuse or neglect. You can also visit the Child Protection website for more information: <https://services.dffh.vic.gov.au/child-protection>

Men's Referral Service – 1300 766 491 (free call 24 hrs)

The Men's Referral Service helps men take action to stop using violent or controlling behaviour. The service provides anonymous and confidential telephone counselling.

Lifeline – 13 11 14 (free call 24 hrs)

Helps people experiencing a personal crisis with support and suicide prevention services.

DirectLine – phone 1800 888 236 (free call 24 hrs).

This phone service gives people access to drug and alcohol counselling, information, and referral to services. www.directline.org.au

Rainbow Door – phone 1800 729 367

Free specialist LGBTIQ+ helpline providing information, support and referrals. www.rainbowdoor.org.au

Family Relationship Advice Line – phone 1800 050 321 (free call)

The Family Relationship Advice Line is a service for families experiencing relationship or separation issues.