



buzzit

WHO YA GONNA CALL?

»» SUPPORT FOR YOUNG PEOPLE

If you're unsure what help you need,
call Kids Helpline (ages 5 – 25 yrs) 1800 55 1800
If life is threatened, call 000 IMMEDIATELY

IF YOU NEED HELP RIGHT NOW:

Castlemaine Hospital Urgent Care Centre:	5471 3555
Castlemaine Police:	5470 4100
Lifeline (crisis support and suicide prevention):	13 11 14
Mental Health Triage (mental health crisis):	1300 363 788
Sexual Assault Crisis Line:	1800 806 292
SuicideLine:	1300 651 251
Suicide Call Back Service:	1300 659 467
1800 Respect (family violence or sexual assault):	1800 737 732

IF HELP IS NOT AS URGENT: GENERAL HEALTH ISSUES

After Hours GP Helpline:	1800 022 222
GP clinics: Botanical Gardens Health:	5472 1844
Lyttleton Street Medical Clinic:	5472 3233
Mostyn Street Clinic:	5472 1255
Nurse on Call:	1800 606 024

MENTAL HEALTH/ COUNSELLING

Butterfly Foundation (eating disorder helpline) (8am-12am):	1800 33 4673
Castlemaine District Community Health (CDCH/Chirp) (free counselling appointments):	5479 1000
Centre Against Sexual Assault (sexual assault counselling):	5441 0430
Eating Disorder Helpline (9:30am-4:30pm Mon-Fri):	1300 550 236
Headspace Bendigo:	5434 5345
eHeadspace:	1800 650 890 www.headspace.org.au/eheadspace
Kids Helpline (ages 5-25 yrs):	1800 55 1800
Lifeline:	131 114
StandBy Response Service (suicide bereavement support):	0439 173 310
Youth Beyond Blue:	1300 224 636 www.youthbeyondblue.com

kit For a list of local mental health services
check out the Keep in Touch KIT app:
a mobile mental health tool kit www.keepintouch.org.au

ALCOHOL & OTHER DRUGS MISUSE

ACSO (regional Victorian AOD intake line):	1300 022 760
Youth Drugs and Alcohol Advice (9am-8pm Mon-Fri):	1800 458 685
Youthinc:	5479 1000
YSAS Bendigo (Youth Substance Abuse Service):	5444 2969

SEXUAL HEALTH

Headspace Bendigo:	5434 5345
Sexual Health Clinic Bendigo:	5448 1600

LGBTIQ+ SUPPORT

Minus 18 (events and resources):	www.minus18.org.au
QLife phone and webchat (3pm-midnight):	1800 184 527 www.qlife.org.au
Switchboard Victoria:	www.switchboard.org.au

FINANCIAL HELP

Centrelink ABSTUDY:	1800 132 317
Centrelink agency Castlemaine:	5472 4842
Centrelink Youth & Students' line:	132 490
Mount Alexander No Interest Loans Scheme:	5472 4842

EDUCATION

Bendigo TAFE Castlemaine campus:	1300 554 248
Castlemaine Secondary College:	5479 1111
Navigator (transitioning back to school):	5440 1100
Reconnect Bendigo TAFE (re-engage with education):	5434 1911

EMPLOYMENT SUPPORT

MatchWorks Castlemaine:	5443 8777
People Plus Castlemaine:	5472 5340
WDEA Works Castlemaine:	5462 5252

INDIGENOUS & CULTURAL SUPPORT

Bendigo & District Aboriginal Cooperative:	5442 4947
Nalderun Upper Loddon:	www.nalderun.net.au
Loddon Campaspe Multicultural Services:	5441 4288
Rural Australians for Refugees Castlemaine:	rarcastlemaine@gmail.com

HOMELESSNESS & EMERGENCY RELIEF

Salvation Army Castlemaine:	5470 5389
Castlemaine Housing Service:	5479 1000
Reconnect Anglicare:	5440 1100

LEGAL SUPPORT

Loddon Campaspe Community Legal:	1800 450 909
Victoria Legal Aid:	1300 792 387
Victims of Crime:	1800 819 817
Youth Law Melbourne:	9620 3622

YOUTH ACTIVITIES & EVENTS

Mondo Lounge Youth Space*:	5471 1700
FReeZa* (youth events):	5471 1700
Young Makers Market*:	5471 1700
*Delivered by Mount Alexander Shire Council	
XtremeInc Youth Projects	www.xtremeinc.org

DISABILITY

Youth Disability Advocacy Service (YDAS):	9267 3700
Windarring	5472 1599

OTHER ASSISTANCE:

Castlemaine Taxis:	131 008
L2P Learner Driver Mentor Program:	5479 1000
Mount Alexander Youth Mentoring Program:	5479 1000
Young Carers Victoria:	1800 22 636

For a more detailed list of support, events and opportunities for young people visit:
www.mountalexandershireyouth.com.au

This resource was developed by the Mount Alexander Shire Council Youth Advisory Group (YAG)

YAG acknowledges that Mount Alexander Shire sits on the lands of the Dja Dja Wurrung and the Taugurung clans. We pay our respects to them, their culture and their Elders past, present and emerging.



[updated June 2019]

HOW TO USE THE BUZZIT CARD

Sometimes it can be hard to know where to get help if you, your friend or loved one is going through a rough patch or there might be something more serious going on like anxiety or depression.

The Buzzit Card provides a list of services that young people can access for assistance in a range of areas including mental health, drug and alcohol support, sexual health, legal support, education, youth activities and more.