

Alcohol, Drug and Tobacco Support Services, Helplines and Websites

Moorabool and Melton.

Organisation	Services offered
<p>Western Health Alcohol and Other Drug Services Bacchus Marsh Community Health Centre, Turner Street, Bacchus Marsh VIC 3340</p> <p>1300 022 760 https://bmm.wh.org.au/allied-community-health/alcohol-and-other-drug-services-moorabool</p>	<p>Western Health’s alcohol and other drug counselling service is for those directly affected by alcohol & other drug use and their families or carers</p> <p>Eligibility: All residents or people who work or study in the Grampians Region, particularly Moorabool Shire</p> <p>Referral process: Self-referral, medical practitioners or other health professionals or from other agencies.</p>
<p>Western Health Adolescent, Young Adult and Family Counselling Melton Headspace, 16 Brooklyn Rd, Melton South VIC 3338 Melton Health, 195-209 Barries Road, Melton West 3337</p> <p>9747 7609 https://bmm.wh.org.au/allied-community-health/counselling-adolescent-young-adult-and-family-counselling</p>	<p>The Adolescent, Young Adult and Family Counselling programme provides individual and family counselling to young people and/or their family members.</p> <p>Eligibility: All residents of the City of Melton and Moorabool Shire, who are aged 12 – 24 years or parents/carers/family members of young people in that age group whose primary issue of concern is a significant young person in their life.</p> <p>Referral process: Self-referral or from General Practitioner, parents/carers, schools and other professionals/organisations</p>
<p>Alcohol and Drug Foundation 1300 85 85 84 adf.org.au</p> <p>Path2Help- Service finder: https://adf.org.au/help-support/path2help/ Text the Effects- confidential drug information: https://adf.org.au/resources/text-the-effects/ Information on talking about drugs: https://adf.org.au/talking-about-drugs/ Reducing the risks of alcohol and drug use: https://adf.org.au/reducing-risk/ Drug Facts- up to date information on a range of drugs and usage trends: https://adf.org.au/drug-facts/</p> <p>Good Sports Program for sports clubs: https://goodsports.com.au/</p>	<p>The Alcohol and Drug Foundation is Australia’s leading organisation committed to preventing and minimising the harm caused by alcohol and other drugs. Their services include:</p> <ul style="list-style-type: none"> • Online information and resources • Service finder • Social support • Counselling • Pharmacotherapy • Withdrawal assistance

Alcohol, Drug and Tobacco Support Services, Helplines and Websites

Moorabool and Melton.

Quitline 13 78 48 quit.org.au	Quitline are there to support people to quit smoking. Quit Specialists are trained to listen carefully to assist with various support, this includes: <ul style="list-style-type: none">• Quit Tips• LGBTIQ+ quit support• Quit Plans• Tips to cope with quitting smoking Vaping Facts: https://www.vapingfacts.org.au/get-the-facts
Lifeline 13 11 14 lifeline.org.au	Anyone across Australia who is experiencing a personal crisis, contemplating suicide or caring for someone in crisis can contact Lifeline. Regardless of age, gender, ethnicity, religion, or sexual orientation, trained Crisis Supporters are ready to listen without passing judgement, and to provide support and referrals. Online information and resources are available.
Headspace Melton 16 Brooklyn Rd, Melton South (03) 8065 5600 headspace.org.au	Counselling and support for 12-25 year olds including: <ul style="list-style-type: none">• Work and study support• Mental health services• Doctors
Beyond Blue 1300 22 4636 www.beyondblue.org.au	Mental health and wellbeing support including depression and anxiety: <ul style="list-style-type: none">• Online chat service, e-therapies and forums• Online information and resources
Men's Referral Services 1300 766 491 ntv.org.au	Free, confidential phone helpline with counselling, advice and support to men who have anger, relationship or parenting issues. This service also includes: <ul style="list-style-type: none">• Training and personal development• Translated services available• Online information and resources