

# QUICK HELP GUIDE - COLAC

If you are in immediate danger call 000

## Food

Salvation Army Colac  
[salvationarmy.org.au/Colac](http://salvationarmy.org.au/Colac)

Vinnies Welfare Office Colac  
[vinnies.org.au/vic/find-help](http://vinnies.org.au/vic/find-help)

0484 935 165

Open: Mon, Wed & Fri, 9am - 2pm

0400 181 779

Open: Tue & Thur, 10 - 4pm



## Help & Support Lines

Lifeline  
[lifeline.org.au](http://lifeline.org.au)

Rainbow Door  
[rainbowdoor.org.au](http://rainbowdoor.org.au)

13 11 14

Phone: 24/7

1800 729 367

Open: 7 days, 10am - 5pm



## Mental Health

Barwon Health Phone Triage Team  
Mental Health & Wellbeing Local  
[barwonhealth.org.au/mhdas](http://barwonhealth.org.au/mhdas)

Headspace  
[headspace.org.au](http://headspace.org.au)

1300 094 187

1800 573 151

Phone: 24/7

1800 650 890

Open: 7 days, 9am - 1pm



## Aboriginal & Torres Strait Islander Support

13 Yarn  
[13yarn.org.au](http://13yarn.org.au)

Yarning Safe 'N' Strong  
[vahs.org.au/yarning-safenstrong](http://vahs.org.au/yarning-safenstrong)

13 92 76

Phone: 24/7

1800 959 563

Phone: 24/7



## Family Violence

Safe Steps  
[safesteps.org.au](http://safesteps.org.au)

Orange Door  
[cah.vic.gov.au/services/orange-door](http://cah.vic.gov.au/services/orange-door)

1800 015 188

Phone: 24/7

1800 312 820

Phone: 24/7  
Open: Mon-Fri, 9am - 5pm



## Financial Stress

Meli  
[meli.org.au/money-help](http://meli.org.au/money-help)

Salvation Army Doorways  
[salvationarmy.org.au/need-help/financial-assistance](http://salvationarmy.org.au/need-help/financial-assistance)

5278 8122

Open: Mon-Fri, 9am - 5pm

8873 5288

Open: Mon-Fri, 9am - 5pm



## Sexual Assault

The Sexual Assault and Family Violence Centre  
[safvcentre.org.au](http://safvcentre.org.au)

5222 4318

Phone: 24/7  
Open: Mon-Fri, 9am - 5pm

(After hours, number goes through to Safe Steps)



## Housing & Tenancy Support

Barwon South West Entry Point  
[bswhn.org.au](http://bswhn.org.au)

Tenants Victoria  
[tenantsvic.org.au](http://tenantsvic.org.au)

1800 825 955

Phone: 24/7

9416 2577

Open: Mon-Fri, 9.30am - 1.30pm



Support Available to You  
During Times of Crisis:

[Colac Otway Community Support Guide  
batforce.org.au/communitywellbeingdashboard](http://ColacOtwayCommunitySupportGuide.batforce.org.au/communitywellbeingdashboard)



Colac  
Salvos