



Ballarat Food Relief

Food relief, social connections and other resources

Salvation Army

Food and vouchers

102 Eureka Street, Ballarat
T: 5337 0600

W: www.salvationarmy.org.au/ballarat/

Emergency Relief: Telephone to arrange an interview and assessment Mon - Fri 9:15am - 3:15pm

Bread and fruit: available for collection at the front of reception Mon - Fri 9:15am - 2:15pm

Café 102: Sit down hot meal (gold coin cost) 102 Eureka Street, Ballarat Mon - Fri, 10am - 2pm

Uniting Ballarat

Emergency Relief

Food, vouchers, shower and laundry facilities

Main Reception: 105 Dana Street, Ballarat
T: 5332 1286

W: www.unitingvictas.org.au/locations/ballarat-105-dana-street/

Emergency Relief: for those on low income or immediate financial crisis
102 Albert St, Ballarat (corner of Dana Street)

BreezeWay Meals Program: Sit down hot meal as well as sandwich packs available for takeaway
102 Albert St, Ballarat (corner of Dana Street)
Open 7 days a week. Meals from 11.30 - 1pm

Drop in Centre: Mon - Fri 9am - 11:30am

Nurse Practitioner: Mon, Wed, Thurs, Fri 9am - 11:30am

Meals for Change: Support young people (aged 15-25) to access affordable meals in local cafes

Telephone Jen on 5332 1286

Emergency Relief

Food and vouchers

14 Victoria Street, Bakery Hill
Mon - Thurs 10:30am - 12pm

Creswick Neighbourhood Centre
21/19 Victoria St, Creswick
Second Wednesday of the month 1pm - 2pm (must phone to register attendance)
T: 5333 0600

W: www.anglicarevic.org.au

St Vinnies

Food, vouchers and funding available for medical scripts and MYKI top-ups

6 Dawson Street South, Ballarat
Mon, Wed, Fri 10am - 12pm and
15 Violet Grove, Wendouree
Mon, Wed, Fri 9:30am - 11.30am
T: 5334 2844

W: www.vinnies.org.au

To organise a home visit for assistance call and leave a message on 5334 2844 someone will contact you

Wendouree Neighbourhood Centre

Low cost meals

12 Holly Grove, Wendouree
T: 5303 0507

W: www.wnc.org.au
Mon - Fri 9am - 3pm

Meals: available at a low cost

Community Pantry: fresh produce and bread when available

Hilltop Church

Food bank

17 Dawson Street, Ballarat
T: 5331 5957

W: www.harvestfoodministry.org.au

Food Bank: fresh produce Friday 1:30pm - 2pm

Bread: available alternate Fridays

Frozen Meals: available - please call to arrange (leave a message if unattended)

Ballarat Neighbourhood Centre

11 Tuppen Drive, Sebastopol
T: 5329 3273

W: www.ballaratnc.org.au

Community Lunch: 2 course meal \$15 Fri 12pm-1pm (excluding school holidays). Bookings are essential

Bread: available Fridays 11:30 - 1pm (excluding school holidays)

Ballarat Seventh Day Adventist Church

Emergency Food Distribution Programme

1290 Grevillea Road, Wendouree
T: 4368 7089

W: www.ballaratadventist.com.au

Soul + Food: Donation requested for a trolley of groceries (pantry staples, frozen items and fresh food).

Thurs 10:30am -12:30pm

All welcome - registration required

Anglicare Victoria

Community sit down breakfast

49 Lydiard Street South, Ballarat
T: 5333 0600

W: www.anglicarevic.org.au
Mon - Fri 8.30am - 10am

Soup Bus

Ballarat On Track Foundation - free hot dinner
Corner of Eyre Street and Doveton Street South, Ballarat (Camerons Welding and Industrial Supplies)

T: 0411 090 033

W: www.ontrackfoundation.org.au

Mon - Thurs 7.30pm - 9pm

Sun 5.30 pm - 7.30pm

(no registration required)

Sit In Service: Free 2 course meal
14 Violet Grove, Wendouree
Every Tues & Thurs 6:30pm - 8pm

Shower Bus

One Humanity - shower and clothes washing facilities

Corner of Eyre Street and Doveton Street South, Ballarat (located with the Soup Bus at Camerons)

Tues & Thurs 6pm - 8pm

Sunday 5pm - 7pm

Food is Free Greenspace

A space for people to drop off or collect veggies, fruit and herbs and connect with the neighbourhood

212 Ripon Street South (on crn of Urquhart & Ripon Sts), Ballarat

www.foodisfree.com.au

Community Gardens

Ballarat Community Garden:

45 Dyte Parade, Ballarat

Buninyong Community Garden:

1101 Warrenheip Street, Buninyong

Delacombe Community Garden:

16 Nandiriog Drive Delacombe

Lucas Community Garden:

160 Eleanor Drive, Lucas

Telephone and Online Services

For connection and support

Lifeline: 13 11 14 (24 hrs)
www.lifeline.org.au
For anyone in crisis

Beyond Blue: 1300 224 636 (24 hrs)
www.beyondblue.org.au
Anyone feeling anxious or depressed

Kids Helpline: 1800 551 800 (24 hrs)
www.kidshelpline.com.au
Counselling for young people aged 5 - 25

headspace: 1800 650 890 (7 days 9am - 1am)
www.headspace.org.au/online-and-phone-support/ (Web Chat 7 days 9am - 1am)
Online and phone support service for young people between 12 and 25

Aboriginal and Torres Strait Islander:
13 92 76 (24 hrs)
www.13yarn.org.au
24/7 Crisis support

LGBTIQ+: 1800 184 527 (7 days 3pm - Midnight)
www.qlife.org.au
Free LGBTIQ+ peer support and referral

Rainbow Door:
Call: 1800 729 367 or Text: 0480 017 246
www.rainbowdoor.org.au (7days 10am - 5pm)
Rainbow Door is a free specialist LGBTIQ+ helpline providing information, support, and referral to all LGBTIQ+ Victorians, their friends and family

Culturally Diverse:
www.embracementalhealth.org.au
For anyone from a migrant or refugee background

Suicide Call Back Service: 1300 659 467
www.suicidecallbackservice.org.au
For anyone thinking about suicide

SuicideLine Victoria: 1300 651 251
www.suicideline.org.au
Free 24/7 professional telephone counselling

StandBy Support After Suicide:
1300 727 247
For anyone bereaved or impacted by suicide

Eating Disorders Victoria: 1300 550 236
www.eatingdisorders.org.au
The Hub is a free and confidential service providing information and peer support for people experiencing eating disorders or those who are supporting them (family, friends, professionals etc.)

Anxiety Recovery Centre Victoria (ARCVic):
1300 269 438 or 03 9830 0533
www.arcvic.org.au
A state-wide, specialist mental health organisation, providing support, recovery and educational services to people and families living with anxiety disorders.

DirectLine: 1800 888 236 (24 hrs)
www.directline.org.au
Confidential drug and alcohol counselling, information, and referral to services

National Debt Helpline:
1800 007 007 (Call Weekdays 9:30am - 4:30pm)
www.ndh.org.au (Live Chat Weekdays 9am - 8pm)
Access resourced and advice from a private financial counsellor

MensLine Australia: 1300 78 99 78 (24 hrs)
www.mensline.org.au
Counselling service offering support for Australian men and boys

Men's Referral Service: 1300 766 491
www.ntv.org.au
Offers assistance, information and counselling to help men who use family violence

Family Relationship Advice Line:
1800 050 321 (Weekdays 8am - 8am, Saturday 101am - 4pm)
www.familyrelationships.gov.au
For families experiencing relationship or separation issues

1800RESPECT: 1800 737 732
www.1800respect.org.au
National sexual assault, family and domestic violence counselling line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault

Safe Steps Family Violence Response Centre: 1800 015 188 (24 hrs)
www.safesteps.org.au (Live Chat Weekdays 9am - Midnight)
For anyone worried about the safety at home

Child Protection Emergency Service:
1300 360 462 (Weekdays 8:45am - 5pm)
13 12 78 (After-hours)
<https://services.dffh.vic.gov.au/child-protection>
Contact Child Protection if you believe a child needs to be protected from abuse or neglect

The Orange Door: 1800 219 819
www.orangedoor.vic.gov.au
Support for people who are experiencing or at risk of family violence

Need an Interpreter?



Call

TIS National: 131 450*
www.tisnational.gov.au

Immediate phone interpreting is available 24 hours a day, every day of the year for people with limited English language proficiency who need an interpreter.

*call costs apply

National Relay Service (NRS)



Call

NRS: 1300 555 727
www.accesshub.gov.au

The National Relay Service (NRS) can help you if you're d/Deaf or find it hard to hear or speak to hearing people on the phone. Text, video and web chat options also available.

Is it an emergency?

If you or someone you know are in immediate risk of harm Call 000