Information

Ballarat Food Relief

Food relief, social connections and other resources

Salvation Army

Emergency Relief
Food and vouchers
102 Eureka Street, Ballarat
5337 0600

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
salvationarmy.org.au/ballarat

Uniting Ballarat

Emergency Relief
Food, vouchers, shower and laundry facilities
Main Reception: 105 Dana Street, Ballarat
5332 1286

Emergency Relief: for those on low income or immediate financial crisis.
Mon, Wed, Fri 9am-2pm
Book by phone at 9am.
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. 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

unitingvictas.org.au/locations/ballarat-105-dana-street

Anglicare Victoria

Community sit down breakfast
49 Lydiard Street South, Ballarat
5333 0600
Mon - Fri 8.30am - 10am

Emergency Relief- food and vouchers
14 Victoria Street, Bakery Hill
Mon - Thurs 10:30am - 12pm
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

15 Violet Grove, Wendouree
Mon, Wed, Fri 9:30am - 11.30am
5334 2844

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

Hilltop Church

17 Dawson Street, Ballarat
5331 5957

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

Bread: available alternate Fridays

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

Linton Emergency Relief Pantry

Community Pantry: fresh produce and some staples.
68 Sussex St. Linton
Open 10am - 2pm Thurs-Sun
Linton Emergency Relief Pantry (Victoria, Australia) | Facebook

Wendouree Neighbourhood Centre

12 Holly Grove, Wendouree
5303 0507
Mon - Fri 9am - 3pm
Meals: available at a low cost
Community Pantry: fresh produce and bread when available
wnc.org.au

Ballarat Neighbourhood Centre

11 Tuppen Drive, Sebastopol
5329 3273

Community Lunch: 2 course meal $18 Fri 12pm-1pm (excluding school holidays). Bookings are essential

Bread: available Mondays and Fridays 11:30 - 1pm (including school holidays)
ballaratnc.org.au

Creswick Neighbourhood Centre

21/19 Victoria Street, Creswick.
2nd Wednesday of the month 1pm-2pm (must phone to register attendance)
5333 6000
creswicknc.org

Ballarat North Neighbourhood House

We offer a range of education programs, workshops, social activities and community supports.
7 Lydiard St Sth. Ballarat Central
0491 753 307
bnnh.org.au

Ballarat East Neighbourhood House

We offer opportunities for social connections through activities, groups, volunteering roles, adult education and training.
Barkly Square, 25-39 Barkly St. Ballarat East
0422612052
ballarateastnh.org.au

Soul + Food

Ballarat Seventh Day Adventist Church
Emergency Relief: pantry staples, frozen items and fresh food
1290 Grevillea Road, Wendouree
Thurs 10:30am -12:30pm
4368 7089
All welcome - registration required
ballaratadventist.com.au

Soup Bus

Ballarat On Track Foundation
free hot dinner
Corner of Eyre Street and Doveton Street South, Ballarat (carpark of Camerons)
Mon - Thurs 7.30pm - 9pm
Sun 5.30 pm - 7.30pm
(no registration required)
0411 090 033

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

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 community space for people to drop off or collect veggies, fruit and herbs and connect with the neighbourhood.
212 Ripon Street South (on corner of Urquhart & Ripon St), Ballarat
foodisfree.com.au

Details may change without notice: Please contact individual organisation for more information

Innovative Health Services for Homeless Youth (IHSHY), Ballarat Community Health. December 2025

Information

Telephone and Online Services

For connection and support

Is it an emergency?

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

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

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

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

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

headspace 1800 650 890
(7 days 9am - 1am)
Online and phone support service for young people between 12 and 25
eheadspace.org.au

Reachout Australia
Provides a confidential platform for young people to express themselves, get a deeper understanding and perspective, connect with supportive individuals, and build resilience.
au.reachout.com

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

StandBy Support After Suicide
1300 727 247
For anyone bereaved or impacted by suicide
standbysupport.com.au

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

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

Services Australia (Centrelink) 132468
servicesaustralia.gov.au

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

Rainbow Door
1800 729 367 or **Text 0480 017 246**
Rainbow Door is a free specialist LGBTIQA+ helpline providing information, support, and referral to all LGBTIQA+ Victorians, their friends and family.
rainbowdoor.org.au

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

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

Veteran Central
1300 645 838
For Victorian veterans to interact with Ex-Service Organisations and get the support for their wellbeing.
rslvic.com.au

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

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

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

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

1800RESPECT: 1800 737 732
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.
1800respect.org.au

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

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

The Orange Door: 1800 219 819
Support for people who are experiencing, or at risk of family violence or need some family/parenting support.
orangedoor.vic.gov.au

My Aged Care 1800 200
What services are available to help you stay in your own home, or what to expect in an aged care home.
myagedcare.gov.au

OPAN - Older Persons Advocacy Network
1800 700 600
Free, independent and confidential support to older people receiving government-funded aged care.
opan.org.au

Elder Rights Australia
1800 700 600
Information, advocacy, and social support to people seeking access to or using residential or in-home aged care services. Free, confidential, and independent of government and aged care providers.
elderrights.org.au

Better Health Channel
Information on health conditions, health services or tips for healthy living, you can find it here.
betterhealth.vic.gov.au

Urgent Care
Get free medical help.
No appointments/GP referral needed
Available across Victoria
Open to everyone, no Medicare card needed.

Medicare Urgent Care Clinic
1010 Sturt St Ballarat **4320 0820**,
9am-11pm every day

Virtual Emergency Care Video call with a doctor 24/7. vved.org.au/patients

Nurse-on-Call **1300 60 60** 24/7

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