

FAMILY VIOLENCE SUPPORT



24/7 Family violence response. For immediate support call: 1800 015 188.
Visit: safesteps.org.au

24/7 Confidential support for sexual assault and domestic violence. Call: 1800 737 732. Visit: 1800respect.org.au



Free and confidential support for migrant and refugee women. Call: 1800 755 988 (9am–5pm, Mon–Fri). Visit: intouch.org.au

Free, confidential support for those experiencing family violence. Offering safety planning, advice, and connections to local services. Call 1800 512 359 or visit orangedoor.vic.gov.au



MENTAL HEALTH AND WELLBEING SUPPORT



24/7 Crisis Support & Suicide Prevention. Call: 13 11 14. Visit: lifeline.org.au

Support for depression, anxiety, and related mental health concerns. Call: 1300 22 4636. Visit: beyondblue.org.au



Free counselling and advice for young people aged 5 to 25. Call: 1800 55 1800
Visit: kidshelpline.com.au

Free telephone and online counselling service for Australian men. Call: 1300 78 99 78. Visit: mensline.org.au





SANE We're people like you.

Support for mental health and well-being. Call: 1800 187 263. Visit: sane.org.au

Online chat and phone counselling for lesbian, gay, bisexual, transgender, queer and intersex (LGBTQI) young people. Call: 1800 184 527. Visit: qlife.org.au



**Suicide
Call Back
Service**

24/7 phone and online counselling to people affected by suicide. Call: 1300 659 467. Visit: suicidecallbackservice.org.au

The Child and Adolescent Mental Health Service see children and adolescents up to 18 years of age and their families who experience severe and complex mental health problems, including eating disorders. Call Bendigo Health's 24/7 Mental Health Triage Service: 1300 363 788. Visit CAMHS at Dhelkaya Health (Castlemaine Hospital).



**Dhelkaya
Health**

Children's services – speech pathology, occupational therapy, physiotherapy and paediatrics. Family services – support for families experiencing difficulties, who need a hand and who are keen to make positive changes in their day-to-day lives. Children's counselling for 0-12-year-olds with a GP referral (free). Loddon Children Health and Wellbeing Local for vulnerable children and families with two or more areas of need.

Occupational therapy and mental health counselling for young people. Work with young people with neurodiversity or mental health issues. Visit: [Onthewayot.com.au](https://onthewayot.com.au)



**CARE FOR
YOUR MIND**
PSYCHOLOGY | COUNSELLING | WELLNESS

Psychology and counselling for children and adults (including psychological assessments) based in Bendigo and Castlemaine. Visit: careforyourmind.org.au

24/7 crisis support for Aboriginal/ Torres Strait Islander communities. Call: 13 92 76. Visit: 13yarn.org.au





children's health & wellbeing local

Free support for children and their families

The logo for 'just imagine' features the text 'just imagine' in a lowercase, sans-serif font. Below the text is a small, stylized illustration of a landscape with a sun, clouds, and a body of water.

Just Imagine creative art therapy supports children, young people, their families, and individuals navigating trauma and significant life challenges. Visit – justimaginearttherapy.com.au

Orange Jug offers non-judgmental, safe and confidential ADHD coaching for individuals and families impacted by ADHD. Visit: orangejug.com.au

The logo for 'Melinda Jane ART THERAPY' features the name 'Melinda Jane' in a serif font, with 'ART THERAPY' in a smaller, sans-serif font below it.

Melinda Jane is a registered creative arts therapist based in central Victoria on Dja Dja Wurrung country, offering art therapy and nature-based art therapy sessions. Visit – melindajanearttherapy.com.au

Castlemaine Play Therapy is a specialist therapeutic service for children, young people, adults, and families. Creative therapeutic services are offered to promote healthy development, emotional growth and the wellbeing of people and families. Visit: castlemaineplaytherapy.com.au



ALLIED HEALTH SUPPORT

A paediatric therapy practice offering Occupational Therapy, Early Intervention Specialists, Speech Therapy and Therapy Assistant services. Visit: baobabtherapyforkids.com



A person and family-centred practice offering a diverse range of services dedicated to helping children, teens and young adults thrive in their everyday activities of self-care, learning and community participation. Visit – specktra.com.au

Bendigo (Golden North) social connections help making meaningful connections, learn new skills, and give each person support to choose the right service for them – swimming, woodwork, gardening, art and craft, exercise and sport, gaming and IT, sensory rooms, or onsite therapy. Visit: scopeaust.org.au





Everyday Independence helps to create positive change is with a team-based, community approach to delivering therapy. Provides services like occupational therapy, speech pathology, physiotherapy, early childhood supports, positive behaviour supports, developmental education services, habit coaching. Visit - everydayind.com.au

Experienced Occupational Therapy and Speech Pathology team supports young people and their families to thrive in everyday life. Play, movement, nature and hands-on exploration are at the heart of what they do. Visit - goldilots.com



Provides fast, effective therapy that's tailored to your needs, delivered by the best therapists. Occupational therapy, speech therapy, and physiotherapy is available. TherapyNow also offers Telehealth from the comfort of your home. Visit - therapynow.au

Provide specialised and individualised services including, assessments, reporting, therapy planning, equipment sourcing, and individual and group therapy options. Their service focuses on building capacity in children and their families, therapy planning and delivery to children aged 0-9 years, their families and support networks. Visit - national360.com.au



Community outreach allied health practice offering services to NDIS participants like Occupational Therapy, Speech Language Pathology, Equine/Animal Assisted Psychotherapy, Allied Health Assistance, Learning Engagement Support, and Integrated holistic health and wellbeing support. Home and community visits to Castlemaine from Lockwood. Visit - bravoalliedhealth.org

Redgate arts space offers after school small group art classes and art therapy for children and teens in Berkeley St, Castlemaine. Visit - [Redgate art space](http://Redgateartspace.com.au)





Children's occupational therapy. Individualised, neuro affirming & goal based therapy for children and their families. Visit – fitmitchell.com.au

Speech Pathologist and key worker, promoting positive early childhood development for children and their families. Visit:
kookaburraspeechpathology.com.au



Dynamic and family-centred Allied Health service for children 0-16 in Bendigo and surrounds, offering neurodiversity affirming physiotherapy, occupational therapy, speech pathology, art therapy, exercise physiology and podiatry services. Allied health assistant also visits schools. Visit – treehousepaediatrics.com.au

DLS Allied Health, we provide Occupational Therapy and Speech Pathology that aims to build capacity in everyday life skills and communication. Visit:
dlsalliedhealth.com.au



GRP is a mobile speech pathology practice, empowering clients across Bendigo, Melbourne, Geelong and beyond via Telehealth. Anyone who is above the age of 7+ to adults and has difficulty communicating and/or swallowing can seek support. Visit – grpspeechpathology.com.au

PARENTING SUPPORT

School Can't parent and carers group: Support group for parents/carers of children and young people who experience challenges with attending school. Facilitated by a qualified social worker. Phone: Castlemaine Community House on 5472 4842 or Carolyn on 0488 605 363





children's health & wellbeing local

Free support for children and their families



Parenting in the modern world talks: A series of free parent talks providing parents with tips and resources on parenting children and young people, brought to you by Dhelkaya Health, Castlemaine Library and Council. Visit - mountalexandershireyouth.com.au

Confidential advice and support for parents and carers. 8am to midnight, 7 days a week. Call: 1300 30 1300. Visit: parentline.com.au

parentline



Self-care hub: Support group for families of children with disabilities run by a qualified social worker. Hold a walking group and a support group once a month. Phone: 0488 605 363; Email: carers@riac.org.au

Resource for parents and caregivers, offering expert advice on raising healthy, happy children. Call: 1800 882 436. Visit: www.raisingchildren.net.au



OTHER SUPPORT SERVICES



24/7 confidential breastfeeding advice and support. Call: 1800 686 268. Visit: breastfeeding.asn.au

24/7 support and advice on child health and parenting for children from birth to school age. Call: 13 22 29. Visit: [Maternal and Child Health Line](#)





Nalderun Aboriginal Education cooperation fosters learning through Culture and Country. Through partnerships, programs and events, we teach about our ways and through our worldview for a thriving future for all. Visit: nalderun.net.au

Support for individuals, couples, and families navigating relationship challenges. Call: 1300 364 277. Visit: relationships.org.au



ONLINE RESOURCES AND EVIDENCE-BASED PROGRAMS



A meditation app with lots of short sessions for kids of different ages. Visit: smilingmind.com.au

Momentum offers tailored online treatment programs to help children and adolescents aged 7-17 years learn new ways to cope with feelings of anxiety and/or unhappiness. Momentum also offers help with sleep difficulties, as well as information on well-being and help-seeking, and tips and information about substance use for adolescents. Visit: momentumhub.org.au



The Children's Health and Wellbeing Local is jointly funded by the Victorian Government and the Australian Government through the Head to Health Kids Initiative.