

Resources

Things to Do

<https://www.timeout.com/melbourne/things-to-do/the-best-free-things-to-do-in-melbourne>

<https://whatson.melbourne.vic.gov.au/things-to-do/free>

Assistance & relief services

[Ask Izzy](#)

[Emergency Food Vouchers & Material Relief Services | Uniting Vic.Tas \(unitingvictas.org.au\)](#)

[Providing food relief to families who are doing it tough. \(northpointcentre.org.au\)](#)

[Free Food Home Delivery for Council Areas | Sikh Volunteers Australia Inc.](#)

[Bk2 Basics Melbourne - Bk2 Basics Melbourne](#)

[Community meals and food relief | Maroondah City Council](#)

[Food access and security \(merri-bek.vic.gov.au\)](#)

<https://www.unitingvictas.org.au/services/emergency-relief/food-vouchers-food-material-aid/>

<https://www.salvationarmy.org.au/melbourne614/what-we-offer/emergency-relief/#:~:text=If%20you%20find%20yourself%20in,provide%20you%20with%20support%20options.>

<https://www.melbourne.vic.gov.au/community/homes-melbourne/ending-homelessness/resources/Pages/helping-out.aspx>

Medical Services

For medical issues and free treatment if someone can't get into the GP, Urgent Care Clinics are a good free option other than having to go wait in the ER:

<https://www.health.gov.au/our-work/medicare-urgent-care-clinics>

For cheap dental Royal Melbourne Hospital:

https://www.dhsv.org.au/rdhm_patients/royal-dental-hospital-melbourne

or Co-Health

<https://www.cohealth.org.au/service/dental-care/>

If a client has private health many dentists will offer gap free services depending on insurer.

Crisis Support

- **Lifeline** provides 24-hour crisis counselling, support groups and suicide prevention services. Call **13 11 14**, [text 0477 13 11 14](#) or [chat online](#).
- **Suicide Call Back Service** provides 24/7 support if you or someone you know is feeling suicidal. Call **1300 659 467**.
- **Beyond Blue** aims to increase awareness of depression and anxiety and reduce stigma. If you or a loved one need help, you can call **1300 22 4636**, 24 hours/7 days a week or [chat online](#).
- **MindSpot** is a free telephone and online service for people with anxiety, stress, low mood or depression. It provides online assessment and treatment for anxiety and depression. MindSpot is not an emergency or instant response service. Call **1800 61 44 34**.
- **Head to Health** gives advice and will connect you to local mental health services. Call **1800 595 212**.
- **MensLine Australia** is a professional telephone and online counselling service offering support to Australian men. Call **1300 78 99 78**, 24 hours/7 or [chat online](#).

If you're feeling lonely:

- **FriendLine** supports anyone who's feeling lonely, needs to reconnect or just wants a chat. You can call them 7 days a week on **1800 424 287**, or chat online with one of their trained volunteers. All conversations with FriendLine are anonymous.

For people with complex mental health issues:

- **SANE Australia** provides support to anyone in Australia affected by complex mental health issues, as well as their friends, family members and health professionals. Call **1800 187 263** or [chat online](#).
- **Blue Knot Foundation Helpline** is the National Centre of Excellence for Complex Trauma. It provides support, education and resources for the families and communities of adult survivors of childhood trauma and abuse. Call **1300 657 380**.



For LGBTQIA+ people:

- **QLife** provides nationwide telephone and web-based services for peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. Call **1800 184 527**.

[Mental health helplines | healthdirect](#)

[CATT – the crisis assessment and treatment team | healthdirect](#)