## **Macedon Ranges**

### Macedon Ranges Health Service Youth Clinic

For 12-25 year-olds during school terms who would like to visit a doctor. No appointments necessary. Afternoon/Evening clinic @ 76 Hamilton Street Gisborne - Wednesdays 4.30pm to

7.00pm

### Cobaw Community Health Service

Cobaw provides counselling, housing and emergency relief. Contact: 03 5421 1666

### Youth Support & Advocacy Service (YSAS)

YSAS (Youth Support & Advocacy Service) is an alcohol and drug treatment service. Contact: 0404873944

### Headspace

A range of counselling and support for young people. There is also an online service. You can chat via email or on the phone.

# **Macedon Ranges**

### Lifeline 13 11 14

13 11 14 is a confidential telephone crisis support service available 24/7 from a landline, payphone or mobile.

### **Suicide Call Back Service**

24/7 crisis counselling to people at risk of suicide, carers for someone who is suicidal and those bereaved by suicide. Contact: 1300 659 467

### **Kids Helpline**

Kids Helpline is a counselling service for Australian children and young people aged between 5 and 25 years. Young people can access Kids Helpline 24 hours a day, 7 days a week for help with all sorts of problems, big and small.

Contact: 1800 551 800

### Macedon Ranges Suicide Prevention Action Group – MRSPAG

This group was established by services providers and community to work at preventing suicide in the Macedon Ranges.