**Leaving Better Futures**

Information for Aboriginal/Torres Strait Islander young people in the **Eastern Region**

So you have **turned 21** and are leaving Better Futures.

In this brochure you will find **information on supports** to reach out to.

**Legal services**

* **VALS - Victorian Aboriginal Legal Service 1800 064 865**

Legal assistance to Aboriginal and/or Torres Strait Islander people [vals@vals.org.au](mailto:vals@vals.org.au)

* **Djirra 1800 105 303**

If you are experiencing or have experienced family violence djirra.org.au

* **Young Workers Centre 1800 714 754**

Legal assistance to workers aged 30 & under   
[youth@vthc.org.au](mailto:youth@vthc.org.au)

* **Eastern Community Legal Centre 1300 3252 00**

Free legal assistance in the east   
[eclc@eclc.org.au](mailto:eclc@eclc.org.au) / eclc.org.au

**Employment**

Skills and Jobs centres

* **Centrelink Lilydale 13 24 68**
* **Box Hill Institute (03) 8892 1370**   
  Help with job searching, apprenticeships and traineeship advice [SAJC.Lilydale@boxhill.edu.au](mailto:SAJC.Lilydale@boxhill.edu.au)
* **Uniting 1300 090 989**   
  Workplace training & skills   
  www.unitingvictas.org.au/services/ employment services/ Seek.com.au Ethicaljobs.com.au

Job Boards

* careertrackers.org.au/jobs-board
* [ethicaljobs.com.au](http://www.ethicaljobs.com.au)
* atsijobs.com.au/jobs
* koorimail.com/employment

**Family violence support**

* **VACCA East (Chirnside Park) (03) 8727 0200**
* **Orange Door 1800 271 150**

Family violence support, including legal help. orangedoor.vic.gov.au oema@orangedoor.vic.gov.au

**Housing**

* **Aboriginal Housing Victoria 1800 248 842**

Renters Support

* **Tenants Victoria Renter support phone line (03) 9416 2577** tenantsvic.org.au

Public housing

* **Victorian Public Tenants Association 1800 015 510**
* Public housing waiting list support [enquiries@vpta.org.au](mailto:enquiries@vpta.org.au)

**Emergency housing**

* **Anchor: (03) 9760 6400**
* **The Salvation Army (Salvos): 13 72 58**
* **St Vincent de Paul (Vinnies): 131 812**
* **DFFH - Crisis Accommodation: 1800 825 955**
* **Wesley Mission Victoria: (03) 9662 2355**

**Health and wellbeing**

* **VAHS - Victorian Aboriginal Health Service (03) 9419 3000**

Dental

* **lnspiro (03) 9738 8801**   
  Public affordable dental care 17 Clarke Street, Lilydale VIC 3140

Mental health

* **Headspace (03) 9735 7900**   
  For young people aged 12-25 [headspacelilydale@each.com.au](mailto:headspacelilydale@each.com.au)
* **NURSE ON CALL 1300 60 60 24**   
  Health advice 24/7

**IF YOU ARE HAVING AN EMERGENCY, PLEASE DIAL 000**

**Helplines**

* **Yarning SafeNStrong 1800 959 563**   
  Free to call and have a yarn 24/7
* **Brother to Brother 1800 435 799**    
  24/7 for Aboriginal men
* **NURSE ON CALL 1300 60 60 24**   
  Health advice 24/7
* **Directline 1800 888 236**   
  24/7 for people impacted by drug use
* **1800RESPECT 1800 737 732**

Family violence and sexual assault 24/7

* **Sexual Assault Crisis Line 1800 806 292**   
  For victims/survivors of past and recent sexual assault   
  5pm to 9am the next day, all weekend and public holidays
* **Safe Steps 1800 015 188**   
  Family violence response service 24/7
* **Rainbow Door 1800 729 367**   
  Supports for LGBTIQA+ people. 10am to 5pm 7 days
* **Lifeline Call 13 11 14 or Text 0477 13 11 14**   
  Crisis and mental health support, suicide prevention 24/7
* **Mensline 1300 78 99 78**24/7 for men dealing with relationship problems
* **Parentline 13 22 89**   
  Support for parents & carers 8am to 12 midnight 7 days
* **Griefline 1300 845 745**For loss and grief. 12pm to 3am 7 days
* **Gambler’s Help 1800 858 858**   
  24/7 Support for anyone affected by gambling

We wish you best in your next steps!

**Other information about leaving care**

* createyourfuture.org.au   
  Download the Sortli App for supports to independence.

Need something else?

* **Ask Izzy** can help you find a variety of support services near you, at [askizzy.org.au/](https://askizzy.org.au/)

Project partners

VACCA: Victorian Aboriginal Child Care Agency - Connected by culture

Head Office 340 Bell Street Preston Victoria 3072

Phone (03) 92 87 88 00

Online: [vacca.org](https://www.vacca.org/)

Email: [vacca@vacca.org](mailto:vacca@vacca.org)

and

V A C Y P A: Victorian Aboriginal Children and young people's Alliance

ONLINE: v a c y p alliance.org

and

Victorian State Government