

Student Wellbeing Resource

Find student wellbeing support and explore the guide

You matter.
Take care.
We're here
for you.

Support
Empower
Thrive

Welcome! This digital guide helps you find student wellbeing support.

Use the [blue links](#) to open a website, send an email or ring a phone number.

Local Service List – Quick Reference

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- Click an organisation's name to visit their website.
- Go to the page number to read more about that service.

Crisis, National and State Services

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[Training Provider Student Wellbeing List](#)

This link will take you to a directory providing links for wellbeing services at a number of universities, TAFEs and other higher education providers.



Local Service List – Quick Reference

Disability Services & Carer Support

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Gateway Health 1800 657 573	02 60 228 888 03 57 232 000 03 57 313 500	155 High Street, Wodonga 45–47 Mackay Street, Wangaratta 32 Smith Street, Myrtleford	7
Junction Support Services	02 60 437 400	54 Ovens Street, Wangaratta 155 Melbourne Road, Wodonga	7
Regional Disability Advocacy Service	1800 250 292	132 Melbourne Road, Wodonga	8
UMFC	02 60 558 000	36 Mackay Street, Wangaratta 27–29 Stanley Street, Wodonga	9
Uniting Goulburn North East	03 57 238 000 02 60 486 900 02 60 217 099	12 Rowan Street, Wangaratta 177 Beechworth Road, Wodonga 593 Olive Street, Albury	9
Victorian Aboriginal Child and Community Agency (VACCA)	03 57 569 000 03 8373 1710	Suite 3, 27–29 Faithfull Street, Wangaratta 186–188 High Street, Wodonga	9
Wellways	1800 000 842	90–94 Nunn Street, Benalla 31 Highett Street, Mansfield 76a Reid Street, Wangaratta Temporary support to Towong Shire	9

Family Violence

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Centre Against Violence	03 57 222 203	Offices in Wangaratta, Wodonga, outreach to Benalla	6
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Junction Support Services	02 60 437 400	54 Ovens Street, Wangaratta 155 Melbourne Road, Wodonga	7
The Orange Door	1800 271 157	60 Reid Street, Wangaratta 29 Stanley Street, Wodonga	8
Victorian Aboriginal Child and Community Agency (VACCA)	03 57 569 000 03 8373 1710	Suite 3, 27–29 Faithfull Street, Wangaratta 186–188 High Street, Wodonga	9

Financial Support

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Berry Street Saver Plus	03 58 228 100	110 Wyndham Street, Shepparton	6
Tomorrow Today	03 57 621 211	Shop 10, 66 Nunn Street, Benalla	9
UMFC	02 60 558 000	36 Mackay Street, Wangaratta 27–29 Stanley Street, Wodonga	9
Uniting Goulburn North East	02 60 486 900 02 60 217 099	177 Beechworth Road, Wodonga 593 Olive Street, Albury	9

Food Assistance/Emergency Relief

Carevan Wangaratta 1300 998 225	Apex Park, Wangaratta	Monday to Thursday, 6-7pm
Corryong FoodShare 02 60 762 050	60-62 Harris Street, Corryong Visits from: Centrelink and Salvation Army (every four weeks), UMFC (fortnightly), Wellways (weekly).	Wednesday 8:30am to 2pm, last Thursday of the month 9am to 1pm
Loaves and Fishes Food Pantry (Mansfield)	3 Sovereign Court, Mansfield	Wednesday 10am to 12:30pm, Thursday 4pm to 5pm
Loaves and Fishes Emergency Relief 03 57 237 900	59 Greta Road, Wangaratta	Monday, Wednesday & Friday, 10am to 12pm
Open Door Neighbourhood House 03 57 219 175	61 Bourke Street, Wangaratta	Monday, Tuesday & Thursday 10am to 12pm
St Vincent Emergency Relief 03 57 224 959	38 Rowan Street, Wangaratta	Monday to Friday, 1-3pm
Waminda's Food Relief 0491 630 213	19 Ballintine Street, Benalla	Thursdays 11am to 1pm

Health & Wellbeing (including alcohol and other drug support, counselling and mental health support)

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Albury Wodonga Aboriginal Health Service	1800 421 640	Apex Park, Wangaratta (Thurs) Waminda House/Library Carpark, Benalla (Tues)	6
Centre Against Violence	03 57 222 203	Offices in Wangaratta, Wodonga, outreach to Benalla	6
Corryong Health	02 60 763 200	20 Kiell Street, Corryong	6
Gateway Health 1800 657 573	02 60 228 888 03 57 232 000 03 57 313 500	155 High Street, Wodonga 45-47 Mackay Street, Wangaratta 32 Smith Street, Myrtleford	7
headspace Wangaratta and Albury Wodonga (12 to 25 years)	1300 332 022	54 Ovens Street, Wangaratta 155 High Street, Wodonga	7
Junction Support Services	02 60 437 400	54 Ovens Street, Wangaratta 155 Melbourne Road, Wodonga	7
Map My Recovery		Search for services in the Murrumbidgee community	8
Mungabareena Aboriginal Corporation	02 60 24 7599	53 Ryley Street, Wangaratta 21 Hovell Street, Wodonga	8
NESAY (under 25 years)	03 57 202 201	86-90 Rowan Street, Wangaratta	8
UMFC	02 60 558 000	36 Mackay Street, Wangaratta 27-29 Stanley Street, Wodonga	9
Victorian Aboriginal Child and Community Agency (VACCA)	03 57 569 000 03 8373 1710	Suite 3, 27-29 Faithfull Street, Wangaratta 186-188 High Street, Wodonga	9
Wellways	1800 000 842	90-94 Nunn Street, Benalla 31 Highett Street, Mansfield 76a Reid Street, Wangaratta Temporary support to Towong Shire	9

Housing (including crisis accommodation)

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Beyond Housing	1800 825 955 03 57 228 000 02 60 559 000	Urgent assistance 40–42 Rowan Street, Wangaratta Level 4, 111–113 Hume Street, Wodonga	6
Centre Against Violence	03 57 222 203	Offices in Wangaratta, Wodonga & outreach to Benalla	6
Junction Support Services	02 60 437 400	54 Ovens Street, Wangaratta 155 Melbourne Road, Wodonga	7
Link2Home (NSW)	1800 152 152	Housing support 24/7 for NSW residents	7
NESAY (under 25 year olds)	03 57 202 201	86–90 Rowan Street, Wangaratta	8

Other

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Corryong Allied Movement for Pride (CAMP)		Support and resources for Upper Murray's LGBTQIA+ community and allies	6
Hume Riverina Community Legal Service	02 60 558 090	Level 1, 9 Stanley Street, Wodonga	7
LGBTQIA+ In the North East (LINE) Wangaratta	0491 625 200	Social inclusion programs, connection and support, awareness raising and resources to promote a LGBTQIA+ inclusive north east Victoria	7
The Centre	1800 843 236	17 Chisholm Street, Wangaratta 157 Bridge Street, Benalla	8

Service Search

You can also use [Ask Izzy](#) to search for services. Ask Izzy is a mobile website that connects people who are in crisis with the services they need right now and nearby.

Beyond Blue offer a '[Find a Mental Health Professional](#)' page where you can find out what mental health professions there are and find out what services are near you.

Crisis, National & State Services

If at risk of immediate harm call 000

[Lifeline](#)

Phone: [13 43 57](#)

Text: 0477 131 114

24 hour crisis support and suicide prevention service.

[Suicide Call Back Service](#)

[1300 659 467](#)

Free professional 24/7 telephone and online counselling support to people at risk of suicide, concerned about someone at risk, bereaved by suicide and people experiencing emotional or mental health issues.

[Safe Steps](#)

[1800 015 188](#)

safesteps@safesteps.org.au

Free 24/7 service to support people experiencing family and domestic violence crisis. Phone, email and live chat.

[Albury Wodonga Health - Mental Health Triage](#)

[1300 104 211](#)

24-hour telephone crisis support providing mental health support for Southern NSW and North East Victoria.

[Directline](#)

[1800 888 236](#)

24/7 confidential alcohol and drug counselling and referral in Victoria. Phone and online support.

[Kids Helpline](#)

[1800 55 18 00](#)

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25.

[1800 Respect](#)

[1800 737 732](#)

24/7 support for people impacted by sexual assault, domestic violence and abuse.

[Lifeline](#)

Phone: [13 43 57](#)

Text: 0477 131 114

24 hour crisis support and suicide prevention service.

[Mensline](#)

[1300 789 978](#)

24/7 counselling service for men.

[13Yarn](#)

[13 92 76](#)

Free 24/7 Aboriginal and Torres Strait Islander crisis supporters to yarn to.

[Open Arms](#)

[1800 011 046](#)

24 hours crisis support for veterans and families. Phone and online support.

[Beyond Blue](#)

[1300 22 46 36](#)

24/7 mental health support service.

[headspace](#)

[1800 650 890](#)

Early intervention mental health services face-to-face and online for people 12 to 25. 7 days a week 9am to 1am.

[QLife](#)

[1800 184 527](#) (6pm to 10pm daily)

LGBTQI peer support and referral. Online chat available between 3pm and 12am.

[Medicare Mental Health](#)

[1800 595 212](#)

Support to access the best available mental health support, 8:30am to 5pm weekdays (not public holidays)

[Partners in Wellbeing](#) (Victoria)

[1300 375 330](#)

partnersinwellbeing@neaminational.org.au

Free, practical support through Mental Health and Wellbeing Hubs and Locals. There's no wrong door – they'll help you find the right service for your needs. Available 9am to 5pm on weekdays. Closed on weekends and public holidays.

Local Service Summary

[Albury Wodonga Aboriginal Health Service](#)

[1800 421 640](tel:1800421640)

enquiries@awahs.com.au

86-89 Rowan Street, Wangaratta

664 Daniel Street, Albury

12 Stanley Street, Wodonga

Services offered: Culturally appropriate health and wellbeing services.

Areas covered: Albury Wodonga and surrounds. Visits Benalla on Tuesdays and Wangaratta on Thursdays.

[Berry Street](#)

[03 58 228 100](tel:0358228100)

shepparton@berrystreet.org.au

110 Wyndham Street, Shepparton

Services offered: [Saver Plus](#)

Areas covered: Albury/Wodonga, Wangaratta, Benalla, Mansfield, Corryong

[Beyond Housing](#)

Urgent Assistance: [1800 825 955](tel:1800825955)

info@beyondhousing.org.au

40-42 Rowan Street, Wangaratta

[03 57 228 000](tel:0357228000)

Level 4, 111-113 Hume Street, Wodonga

[02 60 559 000](tel:0260559000)

Services provided for: people who [need help](#) with homelessness or being at-risk of homelessness; [Types of accommodation](#); [Support for private renters](#).

Areas covered: North East and Goulburn Valley regions of Victoria

[Centre Against Violence \(CAV\)](#)

Offices in Wangaratta, Wodonga, outreach to Benalla [03-57 222 203](tel:0357222203)

Services offered: [Family violence support](#); [Sexual assault support](#); [Group work](#); [Harmful sexual behaviours program](#).

Areas covered: Ovens Murray region

[Corryong Allied Movement for Pride \(CAMP\)](#)

Community-based group providing a safe environment for mutual sharing, support, and collective action among Upper Murray's LGBTQIA+ community and allies. They provide support and resources.

[Community Accessibility](#)

[1300 704 530](tel:1300704530)

intake@communityaccessability.org.au

49 Vincent Road, Wangaratta

4 Footmark Court, Wodonga

Services offered: Quality care, transport services and innovative programs to support clients to live independently and stay connected to their community. [Disability Services](#); [Aged Services](#).

Areas covered: Ovens Murray and Southern Riverina including Albury, Benalla, Wangaratta, Wodonga, Yarrawonga and surrounding areas

[Corryong Health](#)

[02 60 763 200](tel:0260763200)

enquiry@corryonghealth.org.au

20 Kiell Street, Corryong

Corryong Health operates as a Multipurpose Service, designed to provide integrated health and aged care services in rural and remote areas. Services offered include: [Medical Clinic](#) - access to General Practitioners, Nurses and visiting services; [Mental Health and Wellbeing](#); [Visiting Services](#).

Areas covered: Upper Murray

Gateway Health

Freecall: 1800 657 573

info@gatewayhealth.org.au

155 High Street, Wodonga

02-60228888

45-47 Mackay Street, Wangaratta

03-57232000

32 Smith Street, Myrtleford

03-57313500

Services offered: [Aboriginal and Torres Strait Islander Services](#); [Alcohol and Drug Support](#); [Allied Health](#); [Child and Family](#); [Domestic and Family Violence](#); [General Practice and Clinics](#); [Healthy Ageing](#); [LGBTIQASB+ Community](#); [Mental Health and Wellbeing](#); [NDIS](#); [Support for Carers](#); [Youth Health](#).

Areas covered: North East Victoria and parts of Southern New South Wales.

headspace [Wangaratta Albury Wodonga](#)

[1300 332 022](tel:1300332022)

headspaceAW@gatewayhealth.org.au

44 Rowan Street, Wangaratta

155 High Street, Wodonga

Support for young people 12 to 25. Provide Mental Health Support; Counselling; Alcohol and Other Drug Support; Links to employment and education support; Connection with local GPs.

Hume Riverina Community Legal Service

[02 60 558 090](tel:0260558090)

cls@umfc.com.au

Level 1, 9 Stanley Street, Wodonga

Free legal assistance to people in the region experiencing financial disadvantage who may not otherwise be able to access legal services.

Areas covered: Victorian Local Government: Alpine, Benalla, Indigo, Mansfield, Towong, Wangaratta and Wodonga. NSW Local Government: Albury, Federation, Greater Hume, Murrumbidgee, Snowy Valleys

Junction Support Services

[02 60 437 400](tel:0260437400)

reception@junction.org.au

54 Ovens Street, Wangaratta

155 Melbourne Road, Wodonga

Services offered: Supports people across their lifespan – from infants who are part of their young parents program, to the children who receive counselling for trauma, the adolescents they support to reengage with education and the individuals that they support through their homelessness and family violence programs. [Housing](#); [Family Violence](#); [NDIS](#); [Education](#).

Areas covered: North East Victoria

LGBTQIA+ In the North East (LINE) Wangaratta

[0491 625 200](tel:0491625200)

info@linewangaratta.org

Pride Hub: 18 Textile Avenue, Wangaratta

Services offered: Programs and [events](#), aiming to connect and raise awareness in the community and support services and businesses to be LGBTQIA+ inclusive, along with [resources and support](#).

Areas covered: Wangaratta, parts of the north-east region.

Link2Home

[1800 152 152](tel:1800152152)

Link2home is the NSW statewide homelessness information and referral telephone service. It is available 24 hours a day, 7 days a week, every day of the year. The service can provide details of local services, assessment and referral.

Areas covered: New South Wales

[Map My Recovery](#)

This is a free resource for people in the Murrumbidgee community, to connect them with services that provide support for mental health and alcohol and other drug concerns. You can search the service directory for your location, specific categories, concerns and/or demographics. It also provides specific information on the [Mental Health Services](#) available through the Murrumbidgee Local Health District.

Areas covered: Murrumbidgee Local Health District

[Mungabareena Aboriginal Corporation](#)

[02 60 247 599](#)

reception@mungabareena.org.au

53 Ryley Street, Wangaratta

21 Hovell Street, Wodonga

Services offered: Support for families, health and housing.

Areas covered: Wangaratta, Wodonga and surrounding areas.

[NESAY](#)

[03 57 202 201](#)

info@nesay.com.au

86–90 Rowan Street, Wangaratta

Services offered: [Youth and Family Support](#); [Housing Support](#); [Visiting services](#).

Areas covered: North East Victoria

[Regional Disability Advocacy Service](#)

[1800 250 292](#)

intake@rdas.org.au

132 Melbourne Road, Wodonga

A non-government, not-for-profit, registered charity that assists people with disability (including family members and carers). Services offered: [Advocacy Services](#); [Plan & Connect](#).

Areas covered: North East Victoria and Southern NSW

[The Centre](#)

[1300 843 236](#)

contact@thecentre.vic.edu.au

17 Chisholm Street, Wangaratta

[03 57 210 200](#)

157 Bridge Street East, Benalla

The Centre is a Learn Local adult community education provider. Services offered: [Reconnect](#).

[The Orange Door](#)

[1800 271 157](#)

oma@orangedoor.vic.gov.au

After hours: Safe Steps [1800 015 188](#)

60 Reid Street, Wangaratta

29 Stanley Street, Wodonga

The Orange Door provides help for people who need support with the care and wellbeing of children and young people, or who are experiencing family violence. Services offered: [Support for families](#); [Support for when people feel unsafe](#); [Support for children and young people](#); [Support for people of Aboriginal or Torres Strait Islander descent](#); [Support for someone you know](#); [Support for people using family violence who want to change their behaviour](#).

Areas covered: Alpine, Benalla, Indigo, Towong, Mansfield, Wangaratta and Wodonga Local Government Areas

[Tomorrow Today](#)

[03 57 621 211](tel:0357621211)

admin@tomorrowtoday.com.au

Shop 10, 66 Nunn Street, Benalla

They work with families, schools and the community to ensure all their children and young people can achieve their potential in school, work and life. Services offered: [Early Years programs](#); [Young People services](#); [Community](#).

Areas covered: Benalla

[UMFC](#)

[02 60 558 000](tel:0260558000)

admin@umfc.com.au

36 Mackay Street, Wangaratta

27-29 Stanley Street, Wodonga

Regional support service in North East Victoria and Southern NSW for children, young people and families. Services provided: [Care Services](#); [Family Relationship Services](#); [Child and Family Services](#); [Carer and Disability Services](#); [Child Wellbeing The Orange Door](#); [Financial Counselling and Capability](#).

Areas covered: Albury/Wodonga, Wangaratta and Benalla and townships throughout the Towong, Mansfield, Alpine and Indigo shires.

[Uniting Goulburn North East](#)

12 Rowan Street, Wangaratta admin.gne@vt.uniting.org [03 57 238 000](tel:0357238000)

177 Beechworth Road, Wodonga admin.gne@vt.uniting.org [02 60 486 900](tel:0260486900)

593 Olive Street, Albury stdavids@vt.uniting.org [02 60 217 099](tel:0260217099)

Services offered: [Wangaratta](#): [Carer Gateway](#); [Support for Carers](#). [Wodonga](#): [Emergency Relief Services](#); [Food and material aid](#); [Carer Gateway](#). [Albury](#): [Gambling and Financial Counselling](#); [Carer Gateway](#).

Areas covered: Wangaratta: Wangaratta and Ovens Murray Wodonga: Albury, Wodonga and Murrumbidgee. Albury: Albury, Wodonga and Murrumbidgee

[Victorian Aboriginal Child and Community Agency](#)

Suite 3, 27-29 Faithfull Street, Wangaratta

[03 57 569 000](tel:0357569000)

186-188 High Street, Wodonga

[03 8373 1710](tel:0383731710)

Services offered: [Family Violence Case Management](#), [Family Services Case Management](#), [Specialty Disability Program](#).

Areas covered: Wodonga, Wangaratta and surrounds

[Wellways – Mental Health and Wellbeing Local](#)

[1800 000 842](tel:1800000842)

enquiries@wellways.org

90-94 Nunn Street, Benalla

31 Highett Street, Mansfield

76a Reid Street, Wangaratta

Services offered: Free support for people aged 26 and over. They provide treatment, care and support for your mental health and wellbeing close to home. Support for family members, carers, friends or supporters of people with mental health concerns. [Counselling and Therapeutic Supports](#); [Peer Navigator](#); [Alcohol and Other Drug Support](#); [Local Connections](#); [Creative Therapies](#); [Mental Health Prevention Support](#).

Areas covered: Benalla, Mansfield and Wangaratta. The service is temporarily providing support to the Towong Shire community following the 2026 bushfires.