



www.nesay.com.au

**Alpine
Youth
Contacts**

Crisis & Emergency

Police, Fire, Ambulance 000

Kids Helpline 1800 551 800

Lifeline 131 114

Hospitals

Alpine Health Bright 5755 0100

Alpine Health Myrtleford 5751 9300

Alpine Health Mount Beauty 5754 3500

Youth Services

NESAY 5720 2201

Upper Murray Family Care 5720 0000

DFFH 5722 0555

Youth Counselling (Adolescent Health)

5755 0108 or 0408 370 743

Youth Advocacy & Support

5754 3531 or 0408 311 255

Health

NECAMHS 5723 8900

Gateway Health Myrtleford 5731 3500

Alpine Community Health Centre Bright

5755 0123

Family Violence

Centre Against Violence 5722 2203

Safe Steps 1800 015 188

Alcohol & Other Drugs

Gateway Health Myrtleford 5731 3500

Financial

Anglicare 5721 9088

Upper Murray Family Care 5720 000

Food assistance

Anglicare Bright 0458 750 739

Legal

Hume Riverina Community Legal Service

1800 918 377

Housing

Beyond Housing 5722 8000

Urgent assistance 1800 825 955