

# Inner Brisbane Free Food Locations & Times

<b>Services</b> <b>between Boxing</b> <b>Day and New</b> <b>Year's Day are a</b> <b>bit thin so try to</b> <b>plan some</b> <b>reserve meals</b>	Dec-25								Jan-26							<p>This information is provided by service organisations and is as accurate as is possible at the time of publication. Emerging circumstances may cause changes.</p>
	Su	M	T	W	T	F	S		Su	M	T	W	T	F	S	
		1	2	3	4	5	6						1	2	3	
	7	8	9	10	11	12	13		4	5	6	7	8	9	10	
	14	15	16	17	18	19	20		11	12	13	14	15	16	17	
	21	22	23	24	25	26	27		18	19	20	21	22	23	24	
28	29	30	31				25	26	27	28	29	30	31			
<b>Alphabetical Listing of Closures and Special Opening Times</b>																

This information is provided by service organisations and is as accurate as is possible at the time of publication. Emerging circumstances may cause changes.

- >**Annerley Community Center:** Closed 24 Dec. Restarts 5 Jan.
- >**Community Connection & Belonging:** Community Lunch Baptist Church 560 Ipswich Rd Annerley Mondays 12:30pm Monday 12:30 lunch. Christmas Lunch 22 Dec then restarts in Feb.
- >**Community Friends:** Cnr Vulture St & Thomas St West End (Bunyapa Park). Usually 3-4 days' worth of food/person. e.g. meat, hot takeaway meals, bag of fruit & vegetables, bag of non-perishable items (cans, pasta, rice, pasta sauce etc.) Bread, cake, drinks & other items also available. Suggested arrive 2:30pm for a 3:00pm start. Last Day 24 Dec. Reopen on 14<sup>th</sup> Jan. (Also see Christmas Day Meals)/
- >**Drug ARM: SOS van:** Last Day 24 Dec. Restarts 8 Jan. MOSHPIT van: Last Day 14 Dec. Restarts 5 Jan.
- >**Emmanuel City Mission:** Last day 25 Dec. Restarts Sat 3 Jan. (Usually closes late morning on Christmas Day)
- >**Fishers of Men:** [hot meal, fruit, blankets, clothes] 6:15-7:10pm Emma Miller Place, (Roma St Parklands); 7:15-7:25pm St John's Cathedral; 7:25pm Warry Street; 7:45pm Avondale Private Hotel; 8pm Roma House/Park Hotel/Brick Housing. Last day 21 Dec. Usually restarts First Sunday in Feb. with super special community meal at Rochedale (transport to and from available) then resumes normal inner-City services (Wed & Sunday) after that.
- >**Food Not Bombs:** Fri 6:30-8ish pm Bunyapa Park West End – Vegetarian Food. No meal on 26<sup>th</sup>.
- >**Gateway Baptist City Campus Brunch:** Level 1, 81 Elizabeth St. City. 9:30-11:30am Hot food Hot food, Chats. Good hot meal and engaging friendly people. Last Day 4 Dec. Restart 29 Jan.
- >**Kurilpa Kiosk,** West End, 155 Boundary St. Closes 11am Wed 24 Dec. Reopens 9am Tue 14 Jan
- >**Missionaries of Charity:** ("The Nuns") Last Meal Sat 6 Dec (See Special Party List below). Restarts New Year's Day BBQ 10:30am.
- >**New Farm Neighbourhood Centre (and all Community community centres)** Last day 19 Dec. Reopens 2 Jan.
- >**Nudgee College BBQ:** Tue 6am TCB Stop One: Kemp Place, Ivory St, The Valley Last Day 16 Dec. Restart 6 Jan.
- >**Pantry Assist** by Anglican Church of Christ: 459 Annerley Road. Tues. 10-11:45am. Last day 16 Dec. Resumes 13 Jan.
- >**Red Cross Night Café:** 64 Adelaide St, City (for 12-25-year olds). Tue & Thur 6.30pm-8.30pm. Hot meals, hot showers, clothes market, referral pathways (brief intervention) & medical assistance. Closes 23 Dec. Reopens Tue 13 Jan. Do ask for special hampers etc.
- >**St Pauls Presbyterian Church:** St Pauls Tce. Spring Hill. Morning Tea (8-10am): Last Morning Tea 16 Dec. Resumes: 20 Jan.
- >**Street Feed:** 5:30pm(ish) All Saints Church Carpark, cnr Ann St & Wharf St. [Boxed Takeaway Meal, extras, cloths, toiletries]. XMAS party on last day 16 Dec. All Welcome. Restarts 6 Jan.
- >**StreetLevel:** Not open for toasties 16<sup>th</sup> Dec. Final Thursday Dinner and Chapel/carols 18 Dec. Last Day 23 Dec. Reopens 15 Jan. (i.e. no Sunday Roast in January).
- >**Street Light:** Thursday evenings, Emma Miller Place. Last day 18 Dec. Restarts 29 Jan.
- >**Trinity Pantry:** Closed from 25 Dec to 14 Jan. Reduced Service in Jan: 11am-2pm Thursdays Only (15,22,29 Jan). Full services restart in Feb.
- >**Trinity Community Table:** Lunch Thurs 12:30. Last day (Special Event) 18 Dec. Restarts 4 Feb.
- >**Valley Hearts** Last Day Tue 16 Dec. Restarts Mon 19 Jan.
- >**Village Mosaix (Village Church)** (St Pauls Church, St Pauls Tce, Spring Hill). Tue. Lunch and Pantry midday-4pm Last day 9<sup>th</sup> Dec. Reopens 20 Jan. Thursday Community Meal 5:45-6:45pm. Last Day 11 Dec. Reopens 22 Jan.
- >**Valley Outreach BBQ/Feast:** TCB Stop Three (Cnr Wickham Tce & Albert St, opposite Soho building): 5:30pm [Range of plated food, BBQ, drinks, extras.] Last BBQ/XMAS breakup: 19 Dec at Wickham Park (Super event). Returns: 2nd Jan. at Wickham Park
- >**Wesley Mission QLD Emergency Relief Hub:** 316 St Pauls Tce, Fortitude Valley: Tues Morning Hamburgers finished in Nov. Special Nandos meal Tue 9 Dec 10:15-11:15am Restarts in first Tue in Feb. **Hub closing and restart date not supplied**
- >**West End Community House (and other Community+ community centres):** Closes: 20 Dec. Reopens: 5 Jan.

NOTE: Foodbank Morningside site closes 24 Dec and reopens 5 Jan, which will restrict grocery distributions during that period.

### **Free Food Services that will continue over XMAS-New Year**

>**3rd Space** is closed on public holidays but normal food services available otherwise. Note: Early closures at 2pm on 24, 31 Dec and 2 Jan.

>**4 Voices:** Ivory St. Sat afternoons. No break, but subject to volunteer availability.

>**ADRA Community Food Pantry:** South Brisbane Adventist Church, 34 O'Keefe St, Woolloongabba. 3:30-4:30pm. Fortnightly. Food Parcels. Alternating Wednesdays: Open 24 Dec and 7 Jan.

> **Alpha & Omega Outreach:** 'A&O' Saturday. Emma Miller Place, City 5pm [Hot Boxed Meal, cold drinks blankets].

>**Andy's Place:** St Andrews Uniting Church Hall. Midday Saturday In Creek St, next to 299 Ann St, City.

>**Andy's Place Drop-in Centre:** St Andrews Uniting Church Hall: Thursdays 8am-11am. Light breky. Quiet, safe.

>**Antiochian/Greek/Russian/Serbian Orthodox Church Rotating Outreach Service:** 7pm Thur Emma Miller Place, City. [Hot boxed take away meal].

>**Brisbane River City Rotary:** Sundays 5:30-6:30pm. Jayes St Park, Bowen Hills [Hot Meals, Sandwiches, toiletries].

>**Coffee Brigade Breakfast Van** [2 sandwiches, 2 fruit, tea, coffee, milo, cup-of-soup].

Stop One: 6:30-7am opposite Fire Station, Ivory St, Fortitude Valley.

Stop Two: 7:10-7:25am Just outside the Holman St Ferry Terminal, Kangaroo Point. You can use the City Hopper to get to Stop2.

Stop Three: 7:40-8:10am Top of Wickham Park (Cnr Wickham Tce & Albert St, opposite Soho building).

**PLUS** Extra Stop at Bunyapa Park, West End 8:20-8:45am 26 Dec-4 Jan while Emmanu el City Mission is closed

> **Community Union Defence League (CUDI):** 6-8pm Musgrave Park: Hot meal, biscuits fruit.

>**CPS Ministries: Sundays** Bunyapa Park, cnr Thomas and Vulture St. West End 4-6pm, Sausage sizzle.

>**DigIn:** 4:30pm Sat Boxed Meal, Ivory St, Fortitude Valley. Fortnightly 6, 20 Dec, 3, 17 Jan.

>**Eddies Van Breakfast BBQ:** Mon-Fri 6:45am TCB Stop Three: Top of Wickham Park (Cnr Wickham Tce & Albert St, opposite Soho building) [Sausages/patty, eggs, bread]. (BUT NOT CHRISTMAS DAY)

>**Eddies Van Nite Service:** Tuesdays Emma Miller Place, City. 7-7:30pm. Fresh cooked meal boxed/plated on site.

>**Funky Food:** 4pm ish Sat Boxed Meal, Ivory St, Fortitude Valley. Fortnightly 13, 27 Dec, 10, 24 Jan. subject to availability of volunteers – if unable to offer full service, will attempt to leave something at site.

>**Hope Ministries International:** Mondays Sausage Sizzle 5:30ish-6ish pm Emma Miller Place, City.

>**Merciful Servants:** 6:15pm Fri & Sun. Emma Miller Place (Cnr Roma St & Albert St, City).

>**Rosies:** Various Locations (See normal pamphlet) – subject to availability of volunteers, of course.

>**Soul Purpose:** *Brekky by the Bridge* 6:30-8am Under the Story Bridge: Eastern side of Captain Burke Park BBQ area, Kangaroo Point. Hot & cold breakfasts and grocery giveaways every Saturday. Prayers & Blessings.

>**St James College BBQ:** Wednesdays. 6:30am TCB Stop One: Kemp Place, Ivory St, Fortitude Valley (Opposite the Valley Fire Station). [Sausages, bacon, eggs, bread].

>**St Mary's Coptic Orthodox Church Outreach Service:** Wednesdays. 7pm Roma St (Opposite Magistrate's Court) [Hot boxed meal].

### **Hampers.**

**Due to increased demand, some organisations not listed here are limiting hampers to established clients. If you are a regular client of an organization, it may be worth asking about a hamper directly.**

**Brisbane Relief Hub (Wesley Mission QLD Emergency Relief: RED BAGS)** (non-perishable Xmas food items suitable for a Christmas meal) distribution starts Mon 8 Dec until midday Fri 19 Dec. Opening hours: 9:30am-12 noon & 1-3pm, Mon to Fri. No appointment necessary. Proof of identification (1 photo or 2 non-photo), proof of low income (Centrelink card or bank statement) required.

For **Christmas toys for children** under 16 years old. Applicants must be the parent/ guardian with custody of the children. Proof of identification (1 photo or 2 non-photo), proof of low income (Centrelink card or bank statement), and proof of custody (e.g. children listed on Centrelink card) must be presented. You can book an interview for toys by contacting the Relief Hub if you want. Collect toys when Red Bags are being distributed.

**Streetlevel:** 16 & 17 December. Hampers for community members who have registered to receive one.

**Kurilpa Kiosk,** West End. Hampers For First Nation Community Members. Talk to Kylie or email:

[kylie@communityplus.org.au](mailto:kylie@communityplus.org.au) before 10 Dec.

**Holy Trinity Pantry:** Food Parcels with Christmas hampers in December while stocks last.

**Valley Outreach BBQ/Feast:** Wickham Park, Spring Hill 19 Dec 5:30pm. Feast and **Hampers**

**Brisbane Youth Service:** 1-4pm **518 Brunswick St, Fortitude Valley.** Unable to supply any closing or reopening details at time of publication.

### **End-Of-Year Meals/Events (Not XMAS Day) Listed in Time Order**

- >**Gateway Baptist City Campus Brunch:** Level 1, 81 Elizabeth St. City. 9:30-11:30am. Christmas Lunch **4 Dec.**
- >**Missionaries of Charity ('The Nuns'):** Christmas Party; **6 Dec** starts 9:30am lunch 11:30 am Holy Spirit Primary School Hall 36 Villiers Street. New Farm. Please let them know you will be there if you can – for catering purposes.
- >**Wesley Mission QLD Emergency Relief:** Fortitude Valley: Special Nandos meal Tue **9 Dec.** 10:15-11:15am
- >**Soul Purpose:** *Brekky by the Bridge* 6:30-8am Under the Story Bridge: Eastern side of Captain Burke Park BBQ area, Kangaroo Point. Special **Christmas Breakfast 13 Dec**
- > **St Pauls Presbyterian Church:** Spring Hill. **Community Christmas Carols. 14 Dec** 5-7pm. Kids Activities, food stalls
- >**Valley Hearts: 276 Barry Parade, Fortitude Valley:** Christmas Celebration. 2-6pm **15 Dec**
- >**3rd Space:** XMAS Lunch on Tue **16 Dec** 11:30am-2pm.
- >**Annerley Community Center:** End-of-year party Tue **16 Dec** 10am
- >**New Farm Neighbourhood Centre:** 3 course Christmas Lunch @ midday. Arts & crafts/Prizes **Tue 16 Dec** 9am-2pm.
- >**Street Feed:** 6pm Tue Tea Coffee. 5:30pm All Saints Church Carpark, cnr Ann St & Wharf St. **16 Dec.**
- >**St Mary's Coptic Orthodox Church Outreach Service:** Wednesdays. 7pm Roma St (Opposite Magistrate's Court). Feast **17 Dec**
- >**Yeronga Community Center:** Christmas Community Lunch. Wed **17 Dec** Start 12:30
- >**Trinity Community Table:** Special Christmas Lunch event. **18 Dec.** Starts midday. Carols and celebrations
- >**Valley Outreach:** Cnr Wickham Tce & Albert St, opposite Soho building: 5:30pm Fri Xmas breakup: **19 Dec.**
- >**Community Connection & Belonging:** Community Lunch Baptist Church 560 Ipswich Rd Annerley Mondays 12:30pm Christmas Lunch **22 Dec.** RSVP Ph 38482285/email: [yeronga@communityplus.org.au](mailto:yeronga@communityplus.org.au)
- >**Annerley Baptist** Christmas lunch. Monday 12:30. **22 Dec.**
- >**Annerley Community Center:** Christmas Trivia Event. Tue **23 Dec** 10am. Prizes
- >**Andy's Place:** Special (post) Christmas Lunch Sat **27 Dec** 11:30am-12:45. St Andrews Uniting Church Hall, City

#### **Christmas Day Meals (Thursday)**

**Coffee Brigade** van usual places and times.

**Village Mosaix.** Christmas Day Breakfast 8-10am Kulgum Park. Kelvin Grove

**Community Friends:** Cnr Vulture St & Thomas St West End (Bunyapa Park). Christmas Day 7am to 1:30pm both breakfast & lunch. A GREAT WAY TO START XMAS DAY!

**Andy's Place:** Christmas Day Breakfast. St Andrews Uniting Church Hall: 8-10:45am, Creek St, next to 299 Ann St, City.

**St Vincents De Paul & Brisbane Oratory Christmas Lunch. 616 Ipswich Rd.** Mary Immaculate Hall 11am-2pm. RSVP by 8 Dec. Text: 0402541846; email: [mi4103@svdpqld.org.au](mailto:mi4103@svdpqld.org.au)

**Wesley House: Albert Street Uniting Church** Christmas Lunch. Midday-1:30pm. 140 Ann Street City. Free coffee from front café before midday

**Antiochian/Greek/Russian/Serbian Orthodox Church Rotating Outreach Service:** 7pm Emma Miller Place.

#### **Boxing Day Friday 26 Dec**

**Coffee Brigade** van usual places and times Bunyapa Park, West End 8:20-8:45am 26 Dec-4 Jan while Emmanuel City Mission is closed. Note: Coffee Brigade plans to have an extra meal packs for distribution after Christmas Day

**Eddies Van Breakfast BBQ:** 6:45am TCB Stop Three: Top of Wickham Park (Cnr Wickham Tce & Albert St, opposite Soho building) [Sausages/patty, eggs, bread].

**Note: No Identified Lunch service**

**Merciful Servants:** 6:15pm Emma Miller Place (Cnr Roma St & Albert St, City) [Hot meal, drinks, food pack, fruit].

**Rosies:** 7:30-9:30pm. Emma Miller Place, City [hot/cold drinks, hygiene products, biscuits, friends & chats]. (If volunteers are available)

#### **Saturday 27 December**

**Coffee Brigade** van usual places and times Bunyapa Park, West End 8:20-8:45am 26 Dec-4 Jan while Emmanuel City Mission is closed.

**Soul Purpose:** *Brekky by the Bridge* 6:30-8am Under the Story Bridge: Eastern side of Captain Burke Park BBQ area, Kangaroo Point. Hot & cold breakfasts and grocery giveaways every Saturday. Prayers & Blessings.

**Andy's Place:** St Andrews Uniting Church Hall: 11:30am-1pm, Creek St, next to 299 Ann St, City. Meals from 12 noon. [main & dessert, hot/cold drinks, fruit & snacks] Free toiletries etc. Gluten Free & vegetarian options

**Funky Food:** Kemp Place,: 4pm ish Boxed meal + Fruit

**Alpha & Omega Outreach:** 'A&Ω' Emma Miller Place. City. 5pm [Hot Boxed Meal, cold drinks blankets].

**Rosies:** 7:30-9:30pm. Emma Miller Place, City [hot/cold drinks, hygiene products, biscuits, friends & chats]. (If volunteers are available)

### Sunday 28 December

**Coffee Brigade** van usual places and times Bunyapa Park, West End 8:20-8:45am 26 Dec-4 Jan while Emmanuel City Mission is closed.

**Note: No Identified Lunch**

**Merciful Servants:** Emma Miller Place (Cnr Roma St & Albert St, City. 5:15pm [Hot meal, drinks, food pack, fruit].

**CPS Ministries:** Bunyapa Park, cnr Thomas and Vulture St. Westend 4-6pm, Sausage sizzle.

**Brisbane River City Rotary:** 5:30-6:30ish pm. Jayes St Park, Bowen Hills [Hot Meals, Sandwiches, Biscuits & toiletries].

**Community Union Defence League (CUDI):** 6-8pm Musgrave Park: Hot meal, biscuits fruit.

### Monday 29 December

**Coffee Brigade** van usual places and times Bunyapa Park, West End 8:20-8:45am 26 Dec-4 Jan while Emmanuel City Mission is closed.

**Eddies Van Breakfast BBQ:** 6:45am TCB Stop Three: Top of Wickham Park (Cnr Wickham Tce & Albert St, opposite Soho building) [Sausages/patty, eggs, bread].

**3<sup>rd</sup> Space During the day** (Incl Lunch)

**Hope Ministries International:** Sausage Sizzle 5:30ish-6ish pm Emma Miller Place, City.

**Rosies:** 9 Church Street, Fortitude Valley. 3:30-5pm & 7:30-9:30pm Emma Miller Place, City [hot/cold drinks, hygiene products, biscuits, friends & chats].

### Tuesday 30 December

**Coffee Brigade** van usual places and times Bunyapa Park, West End 8:20-8:45am 26 Dec-4 Jan while Emmanuel City Mission is closed.

**Eddies Van Breakfast BBQ:** 6:45am TCB Stop Three: Top of Wickham Park (Cnr Wickham Tce & Albert St, opposite Soho building) [Sausages/patty, eggs, bread].

**3<sup>rd</sup> Space Café during day** (incl lunch)

**Eddies Van Nite Service:** Emma Miller Place, City. 7-7:30pm. Fresh cooked meal boxed/plated on site.

**Rosies:** Musgrave Park, Russell St Entrance. 7-9pm [hot/cold drinks, hygiene products, biscuits, friends & chats].

### Wednesday 31 December

**Coffee Brigade** van usual places and times Bunyapa Park, West End 8:20-8:45am 26 Dec-4 Jan while Emmanuel City Mission is closed.

**Eddies Van Breakfast BBQ:** 6:45am TCB Stop Three: Top of Wickham Park (Cnr Wickham Tce & Albert St, opposite Soho building) [Sausages/patty, eggs, bread].

**3<sup>rd</sup> Space Café during day** (incl lunch)

**St Mary's Coptic Orthodox Church Outreach Service:** 7pm Roma St (Opposite Magistrate's Court) [Hot boxed meal].

**Rosies:** Emma Miller Place, City. 7:30-9:30pm [hot/cold drinks, hygiene products, biscuits, friends & chats].

### New Year's Day Meals Thursday 1 January

**Coffee Brigade** van usual places and times Bunyapa Park, West End 8:20-8:45am 26 Dec-4 Jan while Emmanuel City Mission is closed.

**Eddies Van Breakfast BBQ:** 6:45am TCB Stop Three: Top of Wickham Park (Cnr Wickham Tce & Albert St, opposite Soho building) [Sausages/patty, eggs, bread].

**Andy's Place:** Breakfast. St Andrews Uniting Church Hall: 8-10:45am, Creek St, next to 299 Ann St, City.

**Missionaries of Charity** ("The Nuns"): 10am-11ish 92 Warry St, Spring Hill [The Famous New Year's Day BBQ]

**Antiochian/Greek/Russian/Serbian Orthodox Church Rotating Outreach Service:** 7pm Emma Miller Place. [Hot boxed take away meal].

**Rosies+Orange Sky:** Musgrave Park, Russell St Entrance. 7-9pm [hot/cold drinks, hygiene products, biscuits, friendship/chats, laundry].

### Showers

3rd Space & New Farm Neighbourhood Centre offer free hot showers (when open).

Emmanuel City Mission offers free hot showers when open except on Sundays. (Closed 26 Dec. Restarts 3 Jan) i.e. You can get a hot shower on Christmas Day in the morning.

One Voice Van offers free hot showers 6:45pm Tues & Wed Emma Miller Place & Thurs at Musgrave Park, West End. Delivery over December is subject to availability of volunteers.

Orange Sky: (Laundry & showers) No planned changes to services.

*Cold showers are available at Southbank City Beach during the day, including public holidays like 25-26 Dec & 1 Jan.*

**Early year treat: Free Grill'd Berger. 4:30-8pm. Wintergarden, City Mall. Tuesday 6 January 2026**





# **HEALTH SERVICES over Christmas-New Year 2025**

## **EMERGENCY: 000**

**Non-urgent medical** 13 43 25 84 | **Non-Emergency Ambulance:** 131233

**Dr Juergen Landmann:** Emmanuel City Mission Fri 9am-1pm on Fridays when Mission is open.

**Dr Nancy:** New Farm Neighbourhood Centre (when open): Tue & Thur 9am-1pm

**Inclusive Health: 3<sup>rd</sup> Space Clinic** Mon & Thur 8:30-midday. Dr Sam Wakista. GP . Closed 11<sup>th</sup> , 18<sup>th</sup> Dec and 25 Dec and then until reopens 5 Jan.

**Hope Street Inclusive Health and Welfare Hub**, South Brisbane. A range of health services. General Practice closed 24 Dec reopens 15 Jan.

**Anglicare Nurse Clinic:** 3<sup>rd</sup> Space 505 Brunswick St, Valley M-F. 9-11:30am – closed 23 Dec. Reopens 12 Jan

**Brisbane City Nurse Led Clinic:** 316 Adelaide St, City. 8:30am-6pm M-F. Free. Behind Air Niugini Office- including Christmas Eve & New Year's Eve. Closed weekends and Public Holidays. For non-life threatening injuries. Free female sanitary products. No medicare card needed. Free.

**One Bridge Nurses:** Closes 20 Dec. Restarts 5 Jan.

**St Vincent's Community Services Nurse:** Emmanuel City Mission (if open) Tue & Thur mornings until Lunch; When Emmanuel City Mission is open

**Micah Nurses** Emma Miller Place, City every night 6pm-8:30pm & various street locations when food vans there.

*In urgent situations, Community Nurses can get access to GPs if no scheduled clinic is available.*

## **Two Health Services Open every day of the year Including Christmas Day:**

NOTE best to present at least an hour before service closes

**\*Medicare Urgent Care Clinic:** Level 4, 20 Cornwell St, Woolloongabba. 8am-8pm.

For non-life-threatening conditions. No scripts issued:

No appointment necessary. Bulk Billing. Ph 33461315.

**\*Our Medical Annerley** 364 Ipswich Road 8am-10pm. No appointment necessary.

Bulk Billed. Full GP service including issuing of scripts. The 100 bus will get you there from the City or Cultural Centre (for example).

\* Waits for treatment of non-life-threatening illnesses at hospital emergency services can be very long - especially at this time of year. Try to use the services above if you need medical help but are not in an emergency – the waiting time (and the frustration) will be far less.

## **CRISIS HELP CONTACTS**

**Immediate emergency POLICE, FIRE, AMBULANCE phone 000**

BeyondBlue 1300 224 636 | LifeLine: 131 114 | Homeless Hotline 1800 474 753

AngliCare Women & Youth Homeless Shelters: 1300 610 610

Sexual Assault 1800 010 120

Kids Helpline 1800 551 800

Mental Health access line: 1300 642255

Domestic Violence Helpline: (Confidential safe places for women & children & strong help to end DV)

WomensLine 1800 811 811

MensLine 1800 600 636

Thank you to everyone who helps throughout the year.

Be safe. Be kind. Be thoughtful.