



4^{the}RECORD

Resource Sheet

Melbourne



Wellness

Funfields, Whittlesea

Spend the day having a thrilling adventure at one of Melbourne's amazing theme parks

<https://www.funfields.com.au/>

Melbourne Cable Park

Spend time with friends outdoors in Cable Wakeboarding Lakes, the Aqua Fun Park, and climb Melbourne

<https://www.melbournecablepark.com/>

Escape Room Melbourne

Test your escape skills with Australia's first live puzzle game

<https://escaperoom.com.au/>

State Library of Victoria

Take a moment to relax at one of the biggest libraries in Melbourne

<https://tothotornot.com/best-libraries-melbourne/>

Spleen Bar

Need a laugh? Every Monday, Spleen Bar on Bourke Street hosts some of the best comedians in Melbourne for free!

<https://www.facebook.com/comedyatspleen>

ACMI - Australian Centre for the Moving Image

For a change of pace, check out the cinemas, student labs, educational spaces, media preservation lab, and free exhibitions

<https://www.acmi.net.au/>

Laughter Clubs Victoria Inc

Boost your physical, mental, and emotional health with laughter yoga sessions for people of all ages and abilities

<https://www.laughterclubsvic.org.au/>

Centre for Multicultural Youth

Find support and information for young people from migrant and refugee backgrounds

Phone: 9340 3700

<https://www.cmy.net.au/>



Healthcare

Lifeline

24-hour crisis support line - private and confidential

Phone: 13 11 14 for support

<https://www.lifeline.org.au/>

Q-Life

Anonymous and free LGBTI+ support

Phone: 800 184 527 everyday from 3pm to midnight

<https://qlife.org.au/>

Beyond Blue

Mental health support for all Australians

Phone: 1300 22 4636 for support

Online chat: <https://online.beyondblue.org.au/#/chat/start>

<https://www.beyondblue.org.au/>

Yarning Safe n' Strong Helpline

Confidential help crisis line for Aboriginal and Torres Strait Islander people

Phone: 800 95 95 63 everyday from 12pm to 10pm

Black Rainbow

Australia's leading Indigenous suicide prevention and mental health support source for LGBTQ+ people

<https://blackrainbow.org.au/>

Melbourne Sexual Health Center Resources

Collection of sexual health resources for youth

Phone: 03 9341 6200

<https://www.mshc.org.au/sexual-health/sexual-health-resources>

The Butterfly Foundation

Support to those experiencing eating disorders and negative body image in Australia

<https://butterfly.org.au/>

Livewire

Online community for young people living with health conditions

<https://www.livewire.org.au/>

