

HELPLINES

| Service | Phone | Website |
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| Emergency Service | 000 | www.triplezero.gov.au |
| Suicide Line | 1300 651 251 | www.suicideline.org.au |
| Suicide Call Back Service | 1300 659 576 | www.suicidecallbackservice.org.au |
| Victorian Poisons Information Centre | 13 11 26 | www.austin.org.au/poisons |
| Department of Health and Human Services (Child Protection) | 13 12 78 | services.dhhs.vic.gov.au/child-protection |
| Mental Health/ Psychiatric Emergencies | | See Triage under Crisis Support for your area |
| NURSE-ON-CALL | 1300 606 024 | www.health.vic.gov.au/nurseoncall |
| Lifeline (24-hour crisis counselling) | 13 11 14 | www.lifeline.org.au |
| Mental Health Foundation of Australia - Mental Health Helpline | 1300 643 287 | www.mhfa.org.au |
| Alfred Health Carer Services (Carer Support and 24 Hour Respite) | 1800 052 222 | www.carersouth.org.au |

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| The Blue Knot Foundation (Adult Survivors of Child Abuse) | 1300 657 380 | www.blueknot.org.au |
| Anxiety Recovery Centre Victoria (ARCVic) | (03) 9830 0533 | www.arcvic.org.au |
| Beyond Blue | 1300 224 636 | www.beyondblue.org.au |
| Bullying Zero Australia | (03) 9094 3718 | www.bzaf.org.au |
| Cancer Council Australia (Victoria) | 13 11 20 | www.CancerVic.org.au |
| Cannabis Information and Helpline | | cannabissupport.com.au/ |
| Carer's Victoria | 1800 242 636 | www.carersvictoria.org.au |
| (CASA) Victorian Centre Against Sexual Assault | 1800 806 292 | www.casa.org.au |
| Dads in Distress | 1300 853 437 | parentsbeyondbreakup.com |
| Department of Health and Human Services(Victoria) | 1300 650 172 | services.dhhs.vic.gov.au/ |
| Drug and Alcohol Information in Other Languages | 1800 888 326 | |
| Direct Line (24-hour drug and alcohol counselling) | 1800 888 236 | www.directline.org.au |
| Drought Information Line (support Information Counselling) | 13 61 86 | agriculture.vic.gov.au/agriculture/farm-management/drought/drought-support |
| Drug and Alcohol Clinical Advisory Services | 1800 812 804 | www.dacas.org.au |

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| Eating Disorders Victoria | 1300 550 236 | www.eatingdisorders.org.au |
| Family Relationship Advice Line | 1800 050 321 | www.familyrelationships.gov.au/talk-someone/advice-line |
| Gamblers Help Line Victoria | 1800 858 858 | www.gamblershelp.com.au |
| Grief Line (Support for grieving adults and children) | (03) 9935 7400 | griefline.org.au |
| Headspace | 1800 650 890 | www.headspace.org.au |
| Heavy M.E.T.A.L Group (Mens counselling for anger and violence) | 0401 766 877 | www.heavymetalgroup.com.au |
| Kids Helpline | 1800 551 800 | www.kidshelp.com.au |
| Maternal and Child Health Line | 13 2229 | www.education.vic.gov.au/childhood/parents/support |
| Melbourne Homeless Services | 1800 627 727 | www.melbourne.homeless.org.au |
| Mensline Australia | 1300 789 978 | www.mensline.org.au |
| Mind Carers Helpline | 1300 554 660 | www.mindaustralia.org.au |
| Narcotics Anonymous - Victorian Area Helpline | (03) 9525 2833 | www.na.org.au |
| Parentline | 1300 30 1300 | www.parentline.com.au |
| PaNDa Perinatal Anxiety & Depression Australia | 1300 726 306 | www.panda.org.au |

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| QUIT (Support to stop smoking) | 13 78 48 | www.quit.org.au |
| Respect (Victims of physical or sexual abuse) | 1800 737 732 | www.1800respect.org.au |
| Safe Steps Home (domestic violence) | 1800 015 188 | www.safesteps.org.au |
| Sane Australia Helpline | 1800 187 263 | www.sane.org |
| South East CASA (Centre Against Sexual Assault and Family Violence) | 1800 806 292 | www.secasa.com.au |
| Sexual Assault Crisis Line | 1800 806 292 | www.sacl.com.au |
| Victims of Crime HelpLine | 1800 819 817 | www.victimsofcrime.vic.gov.au |
| Wellways Helpline | 1300 111 500 | www.wellways.org/helpline |

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