

HELPLINES

Service	Phone	Website
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

Service	Phone	Website
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
Dad's 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
PaNDaPerinatal Anxiety & Depression Australia	1300 726 306	www.panda.org.au

Service	Phone	Website
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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