

## HELPLINES

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

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

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

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

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