

HELPERS IN THE COMMUNITY (Support Services)

****In an emergency call 000**

National (including 24-Hour) Services

Emergency Service (Police/Ambulance/Fire)	000	
Suicide Call Back Service	1300 659 576	www.suicidecallbackservices.org.au
Lifeline (24-hour Crisis Counselling - phone)	13 11 14	https://www.lifeline.org.au
Lifeline (24-hour Crisis Counselling - text)	0477 13 11 14	https://www.lifeline.org.au
13 YARN (Crisis Counselling for ATSI people)	13 92 76	https://www.13yarn.org.au/
Brother to Brother (Crisis Counselling for ATSI men)	1800 435 799	
Thirrili (After suicide support for ATSI people)	1800 805 801	https://thirrili.com.au
Standby (support after suicide)	1300 727 247	https://standbysupport.com.au/
Nurse-on-call	1300 60 60 24	
Beyond Blue	1300 224 636	https://beyondblue.org.au
MensLine	1300 789 978	https://mensline.org.au
Kids Helpline	1800 551 800	https://kidshelp.com.au
Domestic and Family Violence and Sexual Assault	1800 737 732	https://1800respect.org.au
Gambler's Help Hotline	1800 858 858	https://gamblershelp.com.au
National Alcohol and Other Drug Hotline	1800 250 015	
Headspace (9am – 1am)	1800 650 890	https://headspace.org.au/
QLife (3pm – midnight)	1800 184 527	https://qlife.org.au
SANE (Mon- Fri 10am – 8pm)	1800 187 263	https://sane.org.au
National Debt Helpline (Mon-Fri 9.30am – 4.30pm)	1800 007 007	https://ndh.org.au
Blue Knot Foundation (7 days 9am – 5pm)	1300 657 380	https://blueknot.org.au
Disability Abuse & Neglect Hotline (Mon-Fri 9am-5pm)	1800 880 052	

State (including 24-Hour) Services

Suicide Line Victoria	1300 651 251	https://suicideline.org.au/
Poison Information Victoria	13 11 26	https://www.austin.org.au/poisons/
Anxiety Recovery Centre (Mon-Fri 10am - 8.30pm)	03 9830 0566	https://arcvic.org.au
Sexual Assault Crisis Line (Victoria) (5pm – 9am)	1800 806 292	https://www.sacl.com.au/
Victorian Mental Health Services (Metro and Rural Services – maps and contact details)		http://www3.health.vic.gov.au/mentalhealthservices/

Websites with Resources

Lifeline Australia	https://lifeline.org.au/
SANE Australia	https://sane.org/
Conversations Matter	https://conversationsmatter.org.au/
Orygen	https://orygen.org.au/
Mindframe	https://mindframe.org.au/
Head to Health	https://headtohealth.gov.au/
Black Dog Institute	https://blackdoginstitute.org.au/

Service Finders

Lifeline Service Finder	https://www.lifeline.org.au/get-help/service-finder/
Ask Izzy	https://askizzy.org.au/
Infoxchange Service Seeker	https://serviceseeker.com.au