

# Support Services



In an emergency call  
**000**

## Suicide

### Suicide Call Back Service

<https://suicidecallbackservices.org.au>

1300 659 579

### Lifeline (Phone)

13 11 14

### Lifeline (Text)

0477 13 11 14

### Lifeline (Online Chat)

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

### Suicide Line Victoria

<https://suicideline.org.au>

1300 651 251

### Standby (support after suicide)

<https://standbysupport.org.au>

1300 727 247



### 13 YARN

<https://www.13yarn.org.au>

13 92 76

### Brother to Brother Crisis Counselling

1800 435 799

### Thirili After Suicide Support

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

1800 805 801



### QLife

<https://qlife.org.au>

1800 184 527

### Support After Suicide Hub (SASH)

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

1800 943 415

## Mental Health

### Beyond Blue

<https://beyondblue.org.au>

1300 224 636

### MensLine

<https://mensline.org.au>

1300 789 978

### SANE

<https://sane.org.au>

1800 187 263

### Blue Knot Foundation (trauma)

<https://blueknot.org.au>

1300 657 380

### Vic Anxiety & Recovery Centre

<https://vicarc.org.au>

(03) 9830 0566

### Victorian Mental Health Services (Metro and Rural)

<https://www3.health.vic.gov.au/mentalhealthservices>

## YOUNG PEOPLE

### Kids Helpline

<https://kids.org.au>

1800 551 800

### Headspace

<https://headspace.org.au>

1800 650 890

## CULTURALLY AND LINGUISTICALLY DIVERSE

### Embrace Mental Health

<https://embracementalhealth.org.au>

(02) 6285 3100



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## Health

**Nurse on Call**  
1300 60 60 24

**Poison Information Victoria**  
<https://www.austin.org.au/poisons/>  
13 11 26

**General Practice**  
Updated list of General Practices  
<https://www.healthdirect.gov.au/australian-health-services/guided-search/general-practice>

## 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/>

**Grief Australia**  
<https://grief.org.au/>

## Hotlines

**Domestic and Family Violence & Sexual Assault**  
**1800RESPECT**  
<https://1800respect.org.au>  
1800 737 732

**Gambler's Help Hotline**  
<https://gamblershelp.com.au>  
1800 858 858

**National Alcohol & Other Drug Hotline**  
1800 250 015

**National Debt Helpline**  
<https://ndh.org.au>  
1800 007 007

**Disability Neglect & Abuse Hotline**  
1800 880 052

## Service Finders

**Lifeline Service Finder**  
<https://www.lifeline.org.au/get-help/service-finder/>

**Ask Izzy Service Finder**  
<https://askizzy.org.au/>

**Infoxchange Service Seeker**  
<https://servicesseeker.com.au>



**Lifeline Workplace & Community Training**  
E: [workplacecommunity.training@vt.uniting.org](mailto:workplacecommunity.training@vt.uniting.org)  
P: 0412 408 150