

**24 HOURS CRISIS & SUPPORT**

<a href="#">Emergency Services</a>	Ambulance, police, fire	000
<a href="#">1800 RESPECT</a>	Family violence information and support	1800 737 732
<a href="#">Beyond Blue</a>	Information and support for mental health challenges Southern region intake (Mon – Fri: 9am - 5pm)	1300 224 636 1300 655 795
<a href="#">Child Protection</a>	After hours intake	131 278
<a href="#">Direct Line</a>	Drug and alcohol information	1800 888 236
<a href="#">Gambler's Help Line</a>	Counselling and support for gamblers and their family	1800 858 858
<a href="#">Grief Line</a>	Counselling and support for bereavement (24/7 as of Sept 2020)	1300 845 745
<a href="#">Kids Helpline</a>	Counselling and support for young people aged 5 – 25	1800 551 800
<a href="#">Lifeline</a>	Crisis counselling and support specialising in suicide prevention	13 11 14
<a href="#">Psychiatric Triage Service</a>	All ages mental health consultation and support	1300 369 012
<a href="#">Safe Steps</a>	Family violence response service	1800 015 188
<a href="#">Sexual Assault Crisis Line</a>	Crisis response, support for sexual assault – also staffed by SECASA	1800 806 292
<a href="#">Suicide Call Back Service</a>	Phone and online counselling for those affected by suicide	1300 659 467

**HELPLINES (Not crisis services)**

<a href="#">Butterfly National Helpline</a>	Support around disordered eating or body image issues Mon – Sun: 8am – 12am	1800 334 673
<a href="#">Carer Gateway</a>	Support for non-parental primary carers Mon – Fri: 8am – 5pm	1800 422 737
<a href="#">Disability Information Helpline</a>	Support for individuals with a disability, and their family Mon – Fri: 8am – 8pm	1800 643 787
<a href="#">DrugInfo</a>	Alcohol & Drug Foundation provides information on substances Mon – Fri: 9am – 5pm	1300 858 584
<a href="#">eHeadspace</a>	Phone, email, webchat counselling for adolescents Mon – Sun: 9am – 1am	1800 650 890
<a href="#">Family Relationship Advice Line</a>	Support for families, including through separation Mon – Fri: 8am – 8pm and Sat: 10am – 4pm	1800 050 321
<a href="#">InTouch – Multicultural Centre Against Family Violence</a>	Support for CALD women and children survivors of family violence	1800 755 988

<a href="#">Mind Australia Carer Helpline</a>	Mon – Fri: 10am – 4pm Support for family, friends and carers of people with mental illness	1300 554 660
<a href="#">No to Violence</a>	Mon – Fri: 9am – 5pm Support around family violence prevention	1300 766 491
<a href="#">Parent Line</a>	Mon – Fri: 8am – 9pm and Sat – Sun: 9am – 5pm Support for parents and carers of children and adolescents	13 22 89
<a href="#">QLife</a>	Mon – Sun: 8am – 12am Support for LGBTQ+ sexuality, gender, identity and relationships	1800 184 527
<a href="#">SANE Australia</a>	Mon – Sun: 3pm – 12am Support for adults with trauma or complex mental health issues	1800 187 263
<a href="#">WIRE</a>	Mon – Fri: 10am – 10pm Women’s support for issues: financial, housing, relationship, legal	1300 134 130
	Mon – Fri: 9am – 5pm	
<b>COMMUNITY AGENICES</b>		
<a href="#">Australian Centre for Grief and Bereavement</a>	Support and counselling for those bereaved through any cause	9265 2100
<a href="#">Andrews Centre</a>	Endeavour Ministries charitable organization providing support	9700 4944
<a href="#">Better Place Australia</a>	Family law information, counselling and mediation	8781 9111
<a href="#">City of Casey Youth Counselling &amp; Support Service</a>	Support for 10 – 25 year old’s, and their families or carers Adolescents can text the mobile number for intake	9792 7279 0417 347 909
<a href="#">CMY – Centre for Multicultural Youth</a>	Programs and supports for refugee and migrant young people	8594 1561
<a href="#">Cranbourne Information &amp; Support Services</a>	Provides wide range of community information and supports	5996 3333
<a href="#">Djirra Aboriginal Family Violence Legal Service</a>	Support to Aboriginal people experiencing family violence	1800 105 303
<a href="#">Family Life / Shine</a>	Mon – Fri: 9am – 5pm Family support services working with vulnerable communities	8599 5344
<a href="#">Foundation House</a>	Programs / support available in multiple languages Services to people who have experienced torture or trauma in their country of origin	8788 3333
<a href="#">Headspace</a>	Youth (12 – 25 year old) physical, sexual, mental health supports	1800 367 968

<a href="#">Relationships Australia</a>	Relationship support for individuals and families to achieve respect	1300 364 277
<a href="#">Salvation Army</a>	Support including crisis, material aid, information and referral	9794 9533
<a href="#">SMRC – Southern Migrant &amp; Refugee Centre</a>	Provides essential services to refugees and migrants	9767 1900
<a href="#">South East Community Links</a>	Practical support services to manage difficulties and build skills	9791 8344
<a href="#">Springvale Monash Legal Service</a>	Free and confidential legal services across the south-east	9545 7400
<a href="#">Uniting (ChildFIRST)</a>	Support services and programs for all marginalised populations	9704 8377
<a href="#">WAYSS</a>	Housing support and crisis accommodation	9703 0044
<a href="#">Windermere</a>	Family support: counselling, housing, parenting programs	1300 946 337