

**13 11 14**

24 hours a day  
7 days per week

## LifeLine

[lifelinedirect.org.au](http://lifelinedirect.org.au)

Provides 24/7 crisis support and suicide prevention services.

## Black Dog Institute

[blackdoginstitute.org.au](http://blackdoginstitute.org.au)

Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

**1300 789 978**

24 hours a day  
7 days per week

## MensLine Australia

[mensline.org.au](http://mensline.org.au)

a telephone and online counselling service for men with family and relationship concerns

**1300 659 467**

24 hours a day  
7 days per week

## Suicide Call Back Service

[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

The Suicide Call Back Service is a 24-hour, nationwide service that provides telephone and online counselling to people over 15 years

**1800 614 434**

8am to 8pm  
Mon to Fri  
8am to 6pm Sat

## MindSpot

[mindspot.org.au](http://mindspot.org.au)

for a free assessment and treatment service for Australian adults with anxiety or depression.

**1300 766 491**

8am to 9pm Monday  
to Friday; 9am to  
5pm weekends

## No to Violence

[ntv.org.au](http://ntv.org.au)

For people at risk of using family violence .free, confidential, expert support for men and their family and friends

**1300 651 251**

24 hours a day  
7 days per week

## SuicideLine

[suicideline.org.au](http://suicideline.org.au)

SuicideLine Victoria is a telehealth service that offers free, professional telephone and online counselling for people living in Victoria aged 15 years and older.

**131 126**

24 hours a day  
7 days per week

## Poisons Information line

[austin.org.au/poisons](http://austin.org.au/poisons)

call for advice about poisonings, bites and medicine overdoses.

**1300 364 277**

Business hours

## Relationships Australia

[relationshipsaustralia.org.au](http://relationshipsaustralia.org.au)

A provider of relationship support services for individuals, families and communities.

**1300 224 636**

24 hours a day  
7 days per week

## Beyond Blue

[beyondblue.org.au](http://beyondblue.org.au)

Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

**1800 650 890**

9am to 1am  
7 days a week

## Headspace

[headspace.org.au](http://headspace.org.au)

Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time.

**1800 512 359**

Business hours

## The Orange Door

[orangedoor.vic.gov.au](http://orangedoor.vic.gov.au)

Adults, children and young people's family violence services, Child and family services, Aboriginal services, Services for people who use violence

**1800 187 263**

Mon to Fri  
10am – 10pm

## SANE Australia

[sane.org](http://sane.org)

Information about mental illness, treatments, where to go for support and help for carers.

**1800 551 800**

24 hours a day  
7 days per week

## Kids Helpline

[kidshelpline.com.au](http://kidshelpline.com.au)

A free, private and confidential, telephone and online counselling service for young people aged between 5 and 25

**1800 015 188**

24 hours a day  
7 days per week

## Safe Steps

[safesteps.org.au](http://safesteps.org.au)

For women and children who are victims of family violence

**1800 819 817**

8am to 11pm  
7 days per week

## Victims of Crime Helpline

[victimsofcrime.vic.gov.au](http://victimsofcrime.vic.gov.au)

.For victims of violent crime and adult male victims of family violence

**1800 353 374**

Business hours

## Elder Abuse Help Line

[health.gov.au/contacts/elder-abuse-phone-line](http://health.gov.au/contacts/elder-abuse-phone-line)

Free information and support services for people who experience or witness the abuse of an older person.

**1800 943 415**

Business hours

## Jesuit Social Services Support After Suicide

[jss.org.au/programs/support-after-suicide](http://jss.org.au/programs/support-after-suicide)

provides free support to improve the lives of children, young people and adults bereaved by suicide.

**1800 806 292**

24 hours a day  
7 days per week

## Sexual Assault Crisis Line

[sacl.com.au](http://sacl.com.au)

for victims of sexual assault

**1800 242 636**

Business hours

## Carers Australia

[carersaustralia.com.au](http://carersaustralia.com.au)

Short-term counselling and emotional and psychological support services for carers and their families.

**1300 845 745**

8am and 8pm  
7 days per week

## Griefline

[griefline.org.au](http://griefline.org.au)

Trained volunteers will provide you with support tools and coping strategies while walking alongside you during this time of grief and loss.

**13 12 78**

5pm to 9am  
Monday to Friday,  
24 hours  
weekends/ public  
holidays

## After Hours Child Protection

[services.dffh.vic.gov.au/child-protection](http://services.dffh.vic.gov.au/child-protection)

for children and young people whose safety is at risk

**1800 435 799**

24 hours a day  
7 days per week

## Brother to Brother

[dardimunwurro.com.au/brother-to-brother](http://dardimunwurro.com.au/brother-to-brother)

provides phone support for Aboriginal men who need someone to talk to about relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope for other reasons.

**1800 729 367**

or text

**0480 017 246**

10am to 5pm  
7 days a week

## Rainbow Door

[rainbowdoor.org.au](http://rainbowdoor.org.au)

Specialist advice to LGBTIQ+ people and their friends and families.

**13 92 76**

24 hours a day  
7 days per week

## 13 Yarn

[13yarn.org.au](http://13yarn.org.au)

A crisis support line for mob who are feeling overwhelmed or having difficulty coping.

**1800 184 527**

3pm - 12am  
7 days a week

## QLife

[qlife.org.au](http://qlife.org.au)

Provides LGBTIQ+ peer support and referral for people wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.

**1800 805 801**

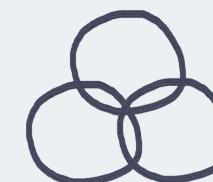
24 hours a day  
7 days per week

## Thirili

[thirrili.com.au](http://thirrili.com.au)

The National Indigenous Postvention Service – After Suicide Support 24/7

*This resource has been created by:*



**Community. Connect. Create.**  
[communityconnectcreate.com.au](http://communityconnectcreate.com.au)