

Crisis & Mental Health Support Contact 2023

This resource has been compiled to assist people to find timely and relevant support as needed. It is by no means an exhaustive list of service providers; however, it does present many key organisations working to provide help to people in emergency or crisis situations. If you cannot find a suitable service provider below, eMHPrac have an additional and comprehensive list on their website: [eMHPrac Directory](#). The information is correct as of 18 February 2023.

EMERGENCY SERVICES

Police, Fire, Ambulance
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www.triplezero.gov.au

Poisons Information Service
13 11 26

CRISIS & TRAUMA

Victorian Suiceline

1300 651 251

www.suiceline.org.au/

Suicide Call Back Service

1300 659 467

www.suicidecallbackservice.org.au

Lifeline

13 11 14

www.lifeline.org.au

Support after Suicide

03 9421 7640

www.supportaftersuicide.org.au

Safe Steps (Family Violence Response Centre)

1800 015 188

www.safesteps.org.au

Child Protection Crisis Line

13 12 78

1800 RESPECT

www.1800respect.org.au/

Sexual Assault Crisis Line

1800 806 292

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

Blue Knot Foundation

1300 657 380

<https://blueknot.org.au>

Orange Door

orangedoor.vic.gov.au/

MENTAL HEALTH SERVICES

Anxiety Recovery Centre Victoria

1300 269 438

03 9830 0533

www.arcvic.org.au

Reconnexion

1300 273 266

<http://www.reconnexion.org.au>

Mental Health Legal Centre

1800 555 887

03 9629 4422

<https://mhlc.org.au>**Perinatal Anxiety and Depression Australia (PANDA)**

1300 726 306

<https://www.panda.org.au>**Sane Australia**

1800 187 263

<https://www.sane.org/>**Beyond Blue**

1300 224 636

<https://www.beyondblue.org.au/>**Black Dog Institute**<https://www.blackdoginstitute.org.au/>**Head to Health**<https://headtohealth.gov.au/>**MindSpot Clinic**

1800 61 44 34

02 6285 3100

<https://mindspot.org.au/>**Embrace Multicultural Mental Health**<https://www.mhima.org.au/>

EATING DISORDERS**Eating Disorders Victoria**

1300 550 236

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

F.E.A.S.T.

<https://www.feast-ed.org/>

YOUTH SERVICES**Kids Help Line**

1800 55 1800

<https://kidshelpline.com.au/>**YoDAA (Youth Drug & Alcohol Advice)**

1800 458 685

HEADSPACE

1800 650 890

<https://headspace.org.au/>**ReachOut**<https://au.reachout.com/>

WOMEN'S SERVICES**WIRE – Women's Information**

1300 134 130

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

MEN'S SERVICES**MensLine Australia**

1300 78 99 78
<https://mensline.org.au/>

Men's Referral Service
1300 766 491

INDIGENOUS HEALTH AND SUPPORT

Victorian Aboriginal Health Service
03 9419 3000
<https://www.vahs.org.au>

LGBTIQA+ SERVICES

QLife
1800 184 527
<https://qlife.org.au/>

PARENTING SERVICES

Parent Line
13 22 89

Maternal & Child Health Line
13 22 29

Relationships Australia Victoria
1300 364 277
www.relationshipsvictoria.com.au/

Raising Children
<https://raisingchildren.net.au/>

GRIEF SERVICES

Griefline
1300 845 745
<http://griefline.org.au>

Compassionate Friends Victoria
03 9888 4944
1300 064 068
www.compassionatefriendsvictoria.org.au

Australian Centre for Grief and Bereavement
03 9265 2100
1800 642 066
<https://www.grief.org.au/>

ADDICTION SERVICES

Direct Line
1800 888 236
www.directline.org.au

Alcohol And Drug Foundation
1300 85 85 84
<https://adf.org.au/>

Harm Reduction Victoria
1800 443 844
www.hrvic.org.au

Family Drug Help
1300 660 068

Gambler's Help
1800 858 858

CARER SERVICES

Carers Victoria
1800 514 845
<https://www.carersvictoria.org.au>