

# EMERGENCY & IMPORTANT NUMBERS

This resource has been compiled to assist people to find the relevant support services as needed.

It is by no means exhaustive but does present many key organisations working to provide help to people in emergency or crisis situations, or situations where support is needed.

Information is correct as of 10 January 2022.

<b>EMERGENCY SERVICES</b>		
Police, Fire, Ambulance	000	<a href="http://www.triplezero.gov.au">www.triplezero.gov.au</a>
Poisons Information Service	13 11 26	

<b>CRISIS &amp; TRAUMA</b>		
Victorian Suiceline	1300 651 251	<a href="http://www.suiceline.org.au/">www.suiceline.org.au/</a>
Suicide Call Back Service	1300 659 467	<a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a>
Lifeline	13 11 14	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
Support after Suicide	03 9421 7640	<a href="http://www.supportaftersuicide.org.au">www.supportaftersuicide.org.au</a>
Safe Steps (Family Violence Response Centre)	1800 015 188	<a href="http://www.safesteps.org.au">www.safesteps.org.au</a>
Child Protection Crisis Line	13 12 78	
1800 RESPECT	1800 737 732	<a href="http://www.1800respect.org.au/">www.1800respect.org.au/</a>
Sexual Assault Crisis Line	1800 806 292	<a href="https://www.sacl.com.au">https://www.sacl.com.au</a>
Blue Knot Foundation	1300 657 380	<a href="https://blueknot.org.au">https://blueknot.org.au</a>
Orange Door		<a href="http://orangedoor.vic.gov.au/">orangedoor.vic.gov.au/</a>

<b>MENTAL HEALTH SERVICES</b>		
Anxiety Recovery Centre Victoria	1300 269 438 9830 0533	<a href="http://www.arcvic.org.au">www.arcvic.org.au</a>
Reconnexion	1300 273 266	<a href="http://www.reconnexion.org.au">http://www.reconnexion.org.au</a>
Mental Health Legal Centre	1800 555 887 03 9629 4422	<a href="https://mhlc.org.au">https://mhlc.org.au</a>
Perinatal Anxiety and Depression Australia (PANDA)	1300 726 306	<a href="https://www.panda.org.au">https://www.panda.org.au</a>
Sane Australia	1800 187 263	<a href="https://www.sane.org/">https://www.sane.org/</a>
Beyond Blue	1300 224 636	<a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a>
Black Dog Institute		<a href="https://www.blackdoginstitute.org.au/">https://www.blackdoginstitute.org.au/</a>
Head to Health		<a href="https://headtohealth.gov.au/">https://headtohealth.gov.au/</a>
MindSpot Clinic	1800 61 44 34 02 6285 3100	<a href="https://mindspot.org.au/">https://mindspot.org.au/</a>
Embrace Multicultural Mental Health		<a href="https://www.mhima.org.au/">https://www.mhima.org.au/</a>

<b>EATING DISORDERS</b>		
Eating Disorders Victoria	1300 550 236	<a href="https://www.eatingdisorders.org.au/">https://www.eatingdisorders.org.au/</a>
F.E.A.S.T.		<a href="https://www.feast-ed.org/">https://www.feast-ed.org/</a>

<b>YOUTH SERVICES</b>		
Kids Help Line	1800 55 1800	<a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>

YoDAA (Youth Drug & Alcohol Advice)	1800 458 685	
HEADSPACE	1800 650 890	<a href="https://headspace.org.au/">https://headspace.org.au/</a>
ReachOut		<a href="https://au.reachout.com/">https://au.reachout.com/</a>

### WOMEN'S SERVICES

WIRE – Women's Information	1300 134 130	<a href="https://www.wire.org.au">https://www.wire.org.au</a>
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### MEN'S SERVICES

MensLine Australia	1300 78 99 78	<a href="https://mensline.org.au/">https://mensline.org.au/</a>
Men's Referral Service	1300 766 491	

### INDIGENOUS HEALTH AND SUPPORT

Victorian Aboriginal Health Service	03 9419 3000	<a href="https://www.vahs.org.au">https://www.vahs.org.au</a>
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### LGBTIQA+ SERVICES

QLife	1800 184 527	<a href="https://qlife.org.au/">https://qlife.org.au/</a>
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### PARENTING SERVICES

Parent Line	13 22 89	
Maternal & Child Health Line	13 22 29	
Relationships Australia Victoria	1300 364 277	<a href="http://www.relationshipsvictoria.com.au/">www.relationshipsvictoria.com.au/</a>
raisingchildren.net.au		<a href="https://raisingchildren.net.au/">https://raisingchildren.net.au/</a>

### GRIEF SERVICES

Griefline	1300 845 745	<a href="http://griefline.org.au">http://griefline.org.au</a>
Compassionate Friends Victoria	03 9888 4944 1300 064 068	<a href="http://www.compassionatefriendsvictoria.org.au">www.compassionatefriendsvictoria.org.au</a>
Australian Centre for Grief and Bereavement	03 9265 2100 1800 642 066	<a href="https://www.grief.org.au/">https://www.grief.org.au/</a>

### ADDICTION SERVICES

Direct Line	1800 888 236	<a href="http://www.directline.org.au">www.directline.org.au</a>
Alcohol And Drug Foundation	1300 85 85 84	<a href="https://adf.org.au/">https://adf.org.au/</a>
Harm Reduction Victoria	1800 443 844	<a href="http://www.hrvic.org.au">www.hrvic.org.au</a>
Family Drug Help	1300 660 068	
Gambler's Help	1800 858 858	

### CARER SERVICES

Carers Victoria	1800 514 845	<a href="https://www.carersvictoria.org.au">https://www.carersvictoria.org.au</a>
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