

Crisis & Mental Health Support Contact List 2025

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 in this list is correct as of 8 December 2024.

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>

The Orange Door

www.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

Grief Australia

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>

