

Who you can speak to

If you are in need of urgent support or are worried about someone, please contact your local doctor or the agencies below.

If you are in immediate danger dial 000.



Beyond Blue

Australian mental health and wellbeing support organisation

☎ 1300 22 4636



1800RESPECT

A 24-hour national sexual assault, family and domestic violence counselling line

☎ 1800 737 732



Lifeline

A free, 24-hour telephone crisis support service

☎ 13 11 14



Kids Help Line

Free 24/7, confidential and private counselling service specifically for children and young people aged 5 to 25 years

☎ 1800 55 1800



QLife

Anonymous and free LGBTI peer support (3pm - Midnight)

☎ 1800 18 4527



MensLine Australia

A counselling service offering support for Australian men anywhere, anytime.

☎ 1300 78 99 78



Family Relationship Centre

Helping families affected by relationship or separation issues, including information on parenting arrangements after separation.

☎ 1800 050 321



Kids First Australia

A child-centred organisation with specialist sexual abuse expertise, that supports families in metropolitan Melbourne

☎ 03 9450 0900