

Crisis & Support Services

Depression, Anxiety, Crisis Support

Suicide Call back service 1300 659 467 or 03 8371 2862 or webchat <https://www.suicidecallbackservice.org.au/>

Phone and webchat service and resources. Feeling suicidal, worried about someone, lost someone.

Lifeline Australia 13 11 14 www.lifeline.org.au

A crisis support service offering short term support at any time for people who are having difficulty coping or staying safe.

Beyond Blue 1300 224 636 www.beyondblue.org.au

Mental health information and support for all Victorians

Eheadspace 1800 650 893 www.headspace.org.au/eheadspace/

Online and webchat support and counselling for 12-25 year olds, their family and friends.

Redcross 1800 733 276 <https://www.redcross.org.au/>

Online resources, phonecalls, food.

Relationships Australia 1300 364 277

Helping Australians to build positive relationships through the provision of confidential relationship support services by our professionally-trained and highly-skilled staff.

Centre Against Sexual Assault (Victoria) - 1800 806 29224 hour service. Free confidential emergency or crisis care service for victim/survivors who have recently been sexually assaulted. This includes crisis counselling support and may include access to medical care and legal processes.

Autism Spectrum

Sensory and stuck at

home. <https://www.facebook.com/groups/sensorystuckathomegrownups/>

Support group on Facebook for adults.

[Autism Spectrum Australia 1800 277 328 https://www.autismspectrum.org.au/](https://www.autismspectrum.org.au/)

Families, Children, Young People

Relationships Australia - See above.

Family Drug Helpline - See below

Reach Out <https://au.reachout.com/>

Resources for teens and their parents, including online forums for teens. All topics and issues.

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

Ad-free parenting videos, articles and apps backed by Australian experts.

Kids Help Line - 1800 55 1800

We care and we listen, any time and for any reason. A free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25 years.

CHILD ABUSE PREVENTION SERVICES 1800 688 009

A free telephone helpline offering support, information, referral and crisis intervention

Women

[WIRE 1300 134 130](http://www.wire.org.au) www.wire.org.au

Any woman, any issue. Free support, referral and information for all Victorian women, nonbinary and gender-diverse people.

[Women's Domestic Violence Crisis Service of Victoria - 9373-0123 or \(country\) 1800 015 188.](http://www.dvrcv.org.au)

24 hour service. Crisis support, information, referral to safe accommodation (refuge) for women experiencing abuse in their relationships.

[Domestic Violence Resource Centre Victoria.](http://www.dvrcv.org.au) <http://www.dvrcv.org.au/>

[Centre Against Sexual Assault \(Victoria\)](#) -See above
[Relationships Australia](#) - See above.

[Gidget 1300 851 758](https://gidgetfoundation.org.au/) <https://gidgetfoundation.org.au/>

A not for profit organisation supporting the emotional wellbeing of expectant and new parents to ensure that those in need receive timely, appropriate and supportive care.

[PANDA on 1300 726 306](#)

The PANDA National Perinatal Anxiety and Depression helpline is open Mon-Fri 9.00am to 7.30pm AEST

[Pregnancy Help Australia - 1300 139 313](http://www.pregnancysupport.com.au/) <http://www.pregnancysupport.com.au/>

For information about pregnancy support services available in your region

[Pregnancy Counselling Australia - 1300 737 732](#)

24 hour service Information, referrals and counselling.

Men

[Centre Against Sexual Assault \(Victoria\)](#) -See above
[Relationships Australia](#) - See above.

[Mensline Australia 1800 457 870](http://www.mensline.org.au/) www.mensline.org.au/

MensLine Australia is here to help 24/7 via phone or online. Talk it over. Call us any time. Professional Counsellors. . Services: men's mental health, relationship & divorce, emotional well being, social connection.

[For men | Domestic Violence Resource Centre Victoria](http://www.dvrcv.org.au) www.dvrcv.org.au **[› help-advice](#)** **[› men](#)**

DVRCV supports women, men and children who have been affected by family violence.

[Counselling for Men 1300 364 277](http://www.relationshipsvictoria.com.au/) www.relationshipsvictoria.com.au/

We Offer Counselling Services To Support Men To Explore & Review Their Lives. Experienced. Centres Across Victoria. Professional. RTO. Qualified Counsellors. High Quality. Services: Counselling, Mental Health Services, Workplace Services.

LBGQTI

LGBTQI SwitchBoard Call: 1800 184 527 <http://www.switchboard.org.au/>

Switchboard Victoria provides peer-driven support services for the lesbian, gay, bisexual, transgender and gender diverse, intersex, queer and asexual (LGBTIQA+) people, their families, allies and communities. Phone and online chat support and resources.

Centre Against Sexual Assault (Victoria) - See above

Relationships Australia - See above.

Addiction

Gambling Helpline - 1800 858 858 <https://www.gamblinghelponline.org.au/>

Call from anywhere in Australia 24/7 to be connected free of charge to your local confidential gambling telephone help service

Direct Line - 03 9416 1818 or (freecall) 1800 888 236

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

24 hour service Assessment, counselling, referral and information services for drug and alcohol issues.

Family Drug Helpline - 1300 660 068

24 hour service. Professional counselling and peer support for family and friends of drug users.

Alcoholics Anonymous <https://aa.org.au/>

Grief

Grief line - (03) 9596 7799 <https://griefline.org.au/>

12 noon to 3 am, 7 days a week

Telephone counselling service for anyone experiencing loss or grief.