

# Helpers in our Community

## - safeTALK -

<b>National 24HR CRISIS SERVICES</b>	
Emergency - Police, Ambulance, Fire	000 or Mobile 112
<b>Lifeline</b>	<b>13 11 14</b>
Suicide Call-back Service (also supports family members, and grief & loss from suicide)	1300 659 467
<b>Beyond Blue</b> Chat online 3pm-midnight/7d <a href="http://beyondblue.org.au">beyondblue.org.au</a> <b>Call 24h/7d</b>	<b>1300 224 636</b>
Kids Helpline (5-25y)	1800 55 1800
<b>Mates In Construction</b>	<b>1300 642 111</b>
MensLine Australia	1300 78 99 78
<b>National Sexual Assault, Family &amp; Domestic Violence</b>	<b>1800 737 732</b>
Salvation Army Crisis Support Services	1800 627 727
<b>Veterans and Veterans Counselling</b>	<b>1800 011 046</b>
<b>COUNSELLING AND SUPPORT SERVICES:</b>	
<b>Health Direct Australia</b>	<b>1800 022 222</b>
Mental Health Information Service	1800 011511
<b>National Rape Crisis Centre</b>	<b>1800 737 732</b>
National Relay Service (Hearing Impaired)	1300 555 727
<b>Poisons Information</b>	<b>13 11 26</b>
Telephone Interpreter Service	13 14 50
<b>Centrelink</b>	<b>1800 050 004</b>
Dads In Distress	1300 853 437
<b>Primary Health Networks:</b> <a href="http://www.health.gov.au/internet/main/publishing.nsf/Content/PHN-Contacts#vic">http://www.health.gov.au/internet/main/publishing.nsf/Content/PHN-Contacts#vic</a>	
NW Melbourne – 9347 1188	Eastern Melb – 9046 0300
SE Melbourne – 1300 331 981	
Western Victoria – 5222 0800	Murray – 5441 7806
Gippsland – 5126 2899	
<b>Anxiety Disorder Support Line</b>	<b>1300 79 49 92</b>
Alcohol and Drug Information Service	1300 85 85 84
<b>Butterfly Foundation (Eating Disorders) 8am-9pm Mon-Fri</b>	<b>1800 33 46 73</b>
Men's Line - Telephone Counselling Service	1800 600 636
<b>Headspace 12 - 25 years</b>	<b>1800 650 890</b>
Homeless Persons Information Centre	1800 234 566
<b>PANDA – Perinatal Anxiety &amp; Depression (M-F 10am - 5pm)</b>	<b>1300 726 306</b>
Parent Line	1300 301 300
<b>QLife (5:30-10:30pm, 7 days) <a href="http://www.qlife.org.au">www.qlife.org.au</a></b>	<b>1800 18 45 27</b>
<b>Relationships Australia</b>	<b>1300 364 277</b>
<b>Sane Australia - Referral and Information</b>	<b>1800 18 72 63</b>
Veterans and Veterans Families counselling	1800 011 046
<b>Seahorse Society for Transgender</b>	<b>0490 138 804</b>
Seahorse Partner Support	0490 139 610
<b>Support after a suicide</b> <a href="http://www.supportaftersuicide.org.au/">http://www.supportaftersuicide.org.au/</a>	
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Please email additional suggestions for this list.