

NEED TO TALK?

Looking For Help For You Or A Young Person You Know?

Crisis Helplines

Emergency Services
(Call if you or someone you know are in danger)

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Open: 24/7

Lifeline
lifeline.org.au

13 11 14
Open: 24/7

Suicide Call Back Service
suicidecallbackservice.org.au

1300 659 467
Open: 24/7

Kids Help Line
kidshelpline.com.au

1800 551 800
Open: 24/7

Barwon Child & Youth Triage
barwonhealth.org.au

1300 094 187
Open: Mon - Fri, 9am - 5pm



Help & Support

Headspace
headspace.org.au/eheadspace

1800 650 890

Head to Help
headtohelp.org.au

1800 595 212
Open: Mon - Fri, 8:30 - 5pm

Rainbow Door
rainbowdoor.org.au

1800 729 367
Open: 7 days, 10am - 5pm

Hope Bereavement Centre
bereavement.org.au

4215 3358
Open: 7 days, 10am - 5pm

Victorian Aboriginal Health Service
vahs.org.au/yarning-safenstrong

1800 959 563
Open: 24/7



Sexual Assault & Family Violence

1800RESPECT
1800respect.org.au

1800 737 732
Open: 24/7

The Sexual Assault & Family Violence Centre
salvationarmy.org.au

5223 9200
Open: Mon - Fri, 9am - 5pm

The Orange Door
orangedoor.vic.gov.au

1800 312 820
Open: Mon - Fri, 9am - 5pm



Homelessness

Youth Entry Point
bcyf.org.au/youth-services

1800 825 955
Open: Mon - Fri, 10am - 2pm



View this
list online.

batforce.org.au/need-to-talk

