

# NEED TO TALK?

Support & Information Contact Points for Young People.

## Crisis Helplines



Emergency Services  
(Call if you or someone you know is 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 Health Child & Youth Triage  
barwonhealth.org.au/mhdas

1300 094 187  
Open: 24/7

## Help & Support



Headspace  
headspace.org.au/eheadspace

1800 650 890

Medicare Mental Health  
medicarementalhealth.gov.au

1800 595 212  
Open: 12pm - 9pm

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

Yarning Safe 'n' Strong  
vahs.org.au/yarning-safenstrong

1800 959 563  
Open: 24/7

13 Yarn  
13yarn.org.au

13 92 76  
Open: 24/7

## Sexual Assault



1800RESPECT  
1800respect.org.au

1800 737 732  
Open: 24/7

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

5223 9200  
Open: 24/7

## Family Violence



1800RESPECT  
1800respect.org.au

1800 737 732  
Open: 24/7

The Orange Door  
orangedoor.vic.gov.au

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

## Homelessness



Youth Entry Point  
meli.org.au/youth-services/youth-homelessness

1800 825 955  
Open: 24/7

View this  
list online.

[batforce.org.au/need-to-talk](https://batforce.org.au/need-to-talk)

