

Service	Focus	Phone number	Operating hours
Emergency ↗	Emergency assistance	000	24 hours/7 days
NURSE-ON-CALL	Expert health advice from a nurse	1300 60 60 24	24 hours/7 days
Area mental health services triage ↗	Generally the first point of contact for people seeking a specialist mental health response that will identify the urgency and nature of response required	Phone numbers are available in each area	24 hours/7 days
Beyondblue ↗	Depression, anxiety and related disorders	1300 22 4636	24 hours/7 days
Lifeline ↗	Crisis support, suicide prevention and mental health support services	13 11 14	24 hours/7 days
Mind Health Connect ↗	Directory of mental health support and resources	N/A	24 hours/7 days
SANE ↗	People affected by complex mental health issues	1800 187 263	10am – 10pm weekdays
ARAFEMI Carer Helpline ↗	People affected by mental illness	1300 550 265	9am – 5pm weekdays
Parentline ↗	Parents and carers with children from birth to 18 years	13 22 89	8 am–midnight/7 days
Safe Steps (Family Violence Response Centre) ↗	Family violence support	1800 015 188	24 hours/7 days
Gay and Lesbian Switchboard ↗	Gay, lesbian, bisexual, transgender and intersex (GLBTI) communities.	9663 2939 or 1800 184 527	Mon–Thurs 6 pm–10 pm Fri–Sun 6pm–9pm
Sexual Assault Crisis Line Victoria ↗	Victims/survivors of past and recent sexual assault	1800 806 292	5 pm–9 am/7 days
Suicide call back ↗	24-hour crisis support and counselling	1300 659 467	24 hours/7 days

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Griefline ↗	Support for experiencing loss and grief, Lines open from Midday to 3am 7 days per week	1300 845 745	12 noon–3 am/7 days
DirectLine ↗	People impacted by drug use	1800 888 236	24 hours/7 days
Family Drug Help ↗	People impacted by drug use	1300 660 068	9am–9pm weekdays
SuicideLine VIC ↗	People affected by suicide	1300 651 251	24 hours/7 days
PANDA ↗	Post or ante natal depression	1300 726 306	9 am–7 pm weekdays
Gambling helpline ↗	Gambling	1800 858 858	24 hours/7 days
OCD and Anxiety helpline ↗	Anxiety disorders and depression	1300 269 438 or 9830 0533	10am–4pm weekdays
Mensline ↗	Men dealing with relationship problems	1300 78 99 78	24 hours/7 days
Bush support line ↗	People in rural and remote areas	1800 805 391	24 hours/7 days