

Mental Health Resource List

Suicide call back

24-hour crisis support and counselling

1300 659 467

24 hours/7 days

Lifeline

Crisis support, suicide prevention and mental health support services

13 11 14

24 hours/7 days

SuicideLine VIC

People affected by suicide

1300 651 251

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

Beyond blue

Depression, anxiety and related disorders

Give us a call any time of the day or night – select from the voice menu or simply hold on the line to talk with a counsellor.

1300 22 4636

24 hours/7 day

The Butterfly Foundation

Eating Disorders

1800 33 4673

Mensline

Men dealing with relationship problems

1300 78 99 78

24 hours/7 days

Brother to brother 24-hour crisis line

1800 435 799

Kids HelpLine

Telephone counselling service for people aged between 5 and 25 / 24-hour service

1800 55 1800

24 hours/7days

Headspace

Young people aged 12–25

1800 650 890

Telephone: 10pm to 1am

Online counselling: 1pm to 1am

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

OCD and Anxiety helpline

Anxiety disorders and depression

1300 269 438 or 9830 0533

10am–4pm weekdays

SANE

People affected by complex mental health issues

1800 187 263

10am – 10pm weekdays

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

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