



## Mental Health Services and Resources

If you think that you or someone you know has a mental health issue, there are several ways that you can seek advice, information and referral for general and mental health issues.

If you are feeling overwhelmed, depressed, anxious, or suicidal it is important to know there is help out there. Whether you are in a crisis, looking for someone to talk to or seeking advice about mental illness there is help available.

There are a range of mental health support services that are available 24 hours a day, seven days a week. These services can provide treatment, information, tools, and advice on how to deal with a range of mental health issues.

You should also be able to access mental health services through your local GP.

## In an emergency call 000

## In a crisis

**CATT** 24/7 Mental health emergency services

Call 1300 60 60 24

**Suicide Call back Service** Free, professional 24/7 telephone and online counselling to people who are affected by suicide.

Call 1300 659 467

[Suicidecallbackservice.org.au](http://Suicidecallbackservice.org.au)

**Lifeline** 24/7 crisis support and suicide prevention services

Call 13 11 14

[Lifeline.org.au](http://Lifeline.org.au)

**Kidshelpline** 24-hour phonenumber 7 Days per week for anyone up until the age of 25 years old.

Call 1800 551800

A 24-hour counsellor is accessible via email on

[counsellor@kidshelpline.com.au](mailto:counsellor@kidshelpline.com.au)

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PO Box 58, Epping, 3076  
ABN 68 047 988 477 | ACN 136 371 152



## Helpful Numbers:

**Headspace** Online support and counselling for young people aged 12-25

Call 1800 650 890 – 9am-1am daily

For Webchat  
[headspace.org.au/eheadspace](https://headspace.org.au/eheadspace)

**DPV Health** DPV Health social workers, psychologists and mental health nurses offer a safe, respectful and confidential service to suit your needs. DPV Health offers counselling, case work, and group work

Call 1300 234 263 (select option 4)

**Craigieburn Mental Health and Wellbeing Hub** Free walk in or telephone service for people suffering low mood, anxiety, substance use or distress please call **1300 375 330** (contactable on weekdays and weekends)

**Beyond Blue** Telephone and online support for those experiencing depression or anxiety.

Call 1300 22 4636

[Beyondblue.org.au](https://beyondblue.org.au)

**Butterfly Foundation** Information, counselling, and treatment referral for people with eating disorders.

Call 1800 33 4673

[butterfly.org.au/get-support/chat-online/](https://butterfly.org.au/get-support/chat-online/)

**1800 RESPECT** Counselling and support service for people impacted by sexual assault, domestic or family violence and abuse.

Call 1800 737 732.

**NACCHO** National Aboriginal Community Controlled Health Organisation.

Call 02 6246 9300

**Mensline Australia** Supports Australian men and boys dealing with family and relationship difficulties. 24/7 telephone and online support.

Call 1300 789 978

[Mensline.org.au](https://Mensline.org.au)

**Qlife** Australia-wide anonymous, LGBTI peer support and referral services.

Call 1800 184 527

For Webchat 3pm – Midnight  
[qlife.org.au/resources/chat](https://qlife.org.au/resources/chat)

**Rainbow Door** Free specialist LGBTIQA+ helpline providing information, support, and referral to all LGBTIQA+ Victorians, their friends and family.

Available 10am-5pm daily

Call 1800 729 367

Email [support@rainbowdoor.org.au](mailto:support@rainbowdoor.org.au)

Text 0480 017 249

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