

**If you are in an emergency,
or at immediate risk of
harm to yourself or others,
please call 000.**

Local Police Stations

Forest Hill
469 Springvale Road, Vermont South
☎ 8847 3600

Box Hill (open 24 hours)
1 Kangerong Road, Box Hill South
(cnr. Whitehorse Road)
☎ 8892 3200

**Mental health includes our
emotional, psychological,
and social wellbeing.**

Lifeline 24/7 crisis support
and suicide prevention services.
☎ 13 11 14

Beyondblue phone and online
support (beyondblue.org.au).
☎ 1300 224 636

Parentline counselling service
for parents and carers of children.
☎ 13 22 89

Mensline Australia support
for men, anywhere, anytime.
☎ 1300 789 978

Kids Helpline 24/7 support
for young people aged 5 to 25.
☎ 1800 551 800

Headspace youth mental
health service.
☎ 1800 650 890

NEAMI mental health and
wellbeing services and programs.
☎ 1300 168 911

HealthAbility provide a range of
mental health and wellbeing services.
☎ 9430 9100
AH Mental Health Nurse
☎ 1300 003 509

Butterfly Foundation eating
disorders or body image issues.
☎ 1800 334 673

Centre for Holistic Health provides
crisis support, counselling and
programs with Mandarin and
Cantonese speaking staff.
☎ 8806 7532

EACH supports people of all
ages with, or at risk of developing
a mental illness.
☎ 1300 003 224

**Anxiety Disorders Association
of Victoria** information,
support groups and resources.
☎ 9853 8089

QLife provides anonymous
and free LGBTIQ+ peer support
and referrals.
☎ 1800 184 527

**People from any background
can experience homelessness.
If you need help support
is available.**

Emergency Accommodation
24/7 state-wide support, speak
with a housing and support worker.
☎ 1800 825 955

**Uniting Homelessness & Support
Service** emergency accommodation,
housing advice and support.
☎ 8870 4020

Community Housing LTD provide
a range of services for people who
are homeless or are at risk.
☎ 9856 0050 or 1300 245 468

Salvation Army - Eastern assists
people who are homeless or at risk
of homelessness.
☎ 9890 7144

Family Access Network provide
support to young people (aged 15-
25) who are homeless or at risk of
homelessness.
☎ 9890 2673

**Addictions such as drugs, alcohol
and gambling are health issues.**

**There are a range of ways you can
reach out for help and support.**

Directline confidential alcohol
and drug counselling and referral.
☎ 1800 888 236

Inner East Central Intake Service
provides a coordinated link to
treatment in the Eastern Region.
☎ 1800 778 278

Eastern Drug and Alcohol Service
provides individual counselling for
alcohol and drug dependence.
☎ 1800 888 236

HealthAbility drug and alcohol
counselling, includes support for
prescription and over-the-counter
medications.
☎ 9890 2220

Thorne Harbour Health
counselling service and treatment
programs for LGBTIQ+ people.
☎ 9865 6700

**SalvoCare Eastern Care and
Recovery** provide a range of
support and recovery services.
☎ 1800 888 236

Gamblers Help
24/7 confidential services.
☎ 1800 858 858



Contacting Whitehorse City Council

 www.whitehorse.vic.gov.au

 customer.service@whitehorse.vic.gov.au

 9262 6333

National Relay Service
(Service for deaf or hearing impaired people) 133 677
then quote 9262 6333

Telephone Interpreter Service
Call and ask to be connected
to Whitehorse City Council 131 450

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Family violence is against the law in Australia. It can happen with a current or former partner, in same sex, gender diverse relationships, between a parent, carer, child, siblings or extended family.

Examples of violence and abuse:

- verbal put downs
- threats to harm someone or pets
- pushing, throwing things at you, choking, forcing you to do sexual things
- controlling your money
- abusive comments on social media
- stalking you
- hiding your passport or visa documents

If you are experiencing family violence it is never your fault. Please call 000 if you need immediate help and feel unsafe.

For non-urgent help please contact:

Safe Steps Response Centre

Victoria's 24/7 family violence response centre.

 1800 015 188

The Orange Door supports adults, children and young people.

 1800 354 322

Eastern Community Legal Centre free legal advice family violence and elder abuse.

 1300 32 52 00

1800 RESPECT Australia's 24/7 online (1800respect.org.au) and counselling and information support related to family violence.

 1800 737 732

Eastern Centre against Sexual Assault free counselling and support service for people who have experienced sexual assault.

 9870 7330

W/Respect LGBTIQ+ family violence service.

 1800 542 847

Victims of Crime Helpline free service offering information, advice and referrals to help victims to manage and recover.

 1800 819 817

InTouch Multicultural Centre against Family Violence

specialist family violence service that supports women from migrant and refugee backgrounds.

 1800 755 988

Boorndawan Willam Aboriginal Healing Service specialist Aboriginal family violence service.

 9212 0200

Child Protection services to protect children and young people from harm caused by abuse or neglect within the family.

 1300 369 536

WIRE free support and referral service for women, non-binary and gender-diverse people.

 1300 134 130

Child First Family Services children, young people and families needing support.

 1300 762 125

Men's Referral Service family violence telephone counselling, information and referral service for men.

 1300 766 491

Adult survivors of childhood trauma and abuse

 1300 657 380

If you or someone else need urgent help or are at risk call 000.



Wellbeing Support Card

