

Health and Wellbeing Services/Contacts

Knox, Maroondah, Yarra Ranges

Name	Service Info	Opening Times	Contact Details
Student Online Services			
E Headspace	Provide mental health support for young people aged 12–25	Telephone: 9am to 1am Online counselling: 1pm to 1am	1800 650 890 https://headspace.org.au/eheadspace/
Headspace Knox	Provide mental health services and online programs	11am-5pm	(03) 9801 6088 https://headspace.org.au/headspace-centres/knox/online-groups-and-activities/
Kids Help Line	Counselling service for people aged between 5 and 25	24/7	1800 55 1800 https://www.kidshelpline.com.au
Beyondblue	Depression and anxiety support	24/7	1300224636 beyondblue.org.au/get-support Chat line 3pm-12 am www.beyondblue.org.au (chat online or email)
LifeLine	Crisis support, suicide prevention and mental health support services	24/7	13 11 14
Griefline	Support for experiencing loss and grief	12 noon–3 am/7 days	1300 845 745
Directline	People impacted by drug use	24/7	1800 888 236

For health information

Nurse on call	Expert health advice from a nurse	24/7	1300 60 60 24
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Name	Service Info	Opening Times	Contact Details
Parent Support			
Parentline	Support for parents and carers with children from birth to 18 years	8am–midnight/7 days	13 22 89
Men’s Help Line	Support for men	24/7	1300 789 978
Edvos	Eastern suburbs	Mon-Fri 9am-8pm Sat 9am-5pm	9259 4200 edvos@edvos.org.au
Safe Steps family violence response centre	Family violence service – Victoria	24/7	1800 015 188 https://www.safesteps.org.au
1800 Respect	National	24/7	1800 737 732 Sexual assault, family and domestic violence (DV) counselling
The Orange Door	North East Branch	9-5 Mon-Fri	1800 319 354 For individuals experiencing DV and families (DV) who need extra support with the care of children
EACH Youth and family service	EACH provides a range of health, disability, counselling, and mental health services across Australia	Please call to find out	https://www.each.com.au/service/each-whitehorse-child-youth-and-family-services/ 98711800 Email: youthandfamilyvic@each.com.au
Inspiro Child and family services	Yarra Ranges Community Health Service	Varies – please call to find out	https://www.inspiro.org.au/our-services/children-and-families 90280153 hello@inspiro.org.au