



Provides 24/7 telephone crisis counselling, refuge referral, information and support.

[www.safesteps.org.au](http://www.safesteps.org.au)

**1800 015 188**



### Family Violence Support...



Contact *edvos* on 9259 4200

Monday to Friday 9am – 8pm Saturday 9am – 5pm

Edvos will listen, believe, provide information and support, help develop a safety plan so you can remain in your own home, or help you find a safe place to stay, help you support your children, keep them safe and prioritise their wellbeing and contact support services you may need such as legal, counselling and financial.

**In case of Emergency call 000 for Police, Fire, Ambulance**



Beyond Blue has fact sheets about **anxiety** and offers other practical advice and resources at [beyondblue.org.au](http://beyondblue.org.au).

**1300 22 4636**

### Nurse on Call

Nurse on call puts you directly in touch with a registered nurse for caring professional health advice around the clock.

Call **1300 60 60 24** from anywhere in Victoria for free health advice, 24 hours a day.

If you think your situation is an emergency, you should always call **000** or go to an emergency department at a hospital.



**BOORNDAWAN WILLAM**  
ABORIGINAL HEALING SERVICE

**Boorndawan Willam Aboriginal Healing Service (eastern region)**  
The lead Aboriginal-specific family violence service in Melbourne's eastern metropolitan region and provides a range of services and programs to Aboriginal families who experience family violence.

[www.bwahs.com.au](http://www.bwahs.com.au)  
**03 9212 0200**

### Coronavirus Hotline

If you suspect you may have the coronavirus disease (COVID - 19) call the dedicated hotline - open 24 hours, 7 days

Please keep Triple Zero (000) for emergencies only

**1800 675 398**



NATIONAL  
DEBT  
HELPLINE  
ndh.org.au

**OVERWHELMED?  
NOT SURE WHAT TO DO  
WITH YOUR DEBTS?**

GET BACK ON TRACK WITH **FREE** FINANCIAL COUNSELLING

Call 1800 007 007 to find out how we can help.

Open Monday to Friday, 9.30 am - 4.30 pm.



**Parentline  
13 22 89**

Counselling and support  
for parents and carers

Available 8am to midnight, 7 days a week

Worried sick?  
Call **13SICK**

In home  
Out of hours  
Bulk billed

**13SICK**  
7425

Australia's largest network of home visiting doctors.



1800 55 1800

Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.



13 SALVOS (13 72 58)



Child FIRST is an easily accessible, community-based point of entry for children, young people and families needing support.

1300 367 146



Lifeline 13 11 14



Provides **up-to-date, evidence-based, scientifically validated information** about raising children and caring for yourself as a parent or carer.