

## If you or someone you know needs support you can contact:



Triple Zero  
[www.triplezero.gov.au](http://www.triplezero.gov.au)  
000  
24 hours a day, seven days a week.  
In the event of an emergency, or if someone is at immediate risk of harm.



Employee Assistance Program - LifeWorks  
1300 361 008  
EAP is a free, short-term, and strictly confidential counselling service. The EAP is available for up to four sessions for the Department's employees (and school council employees such as casual relief teachers). Immediate family members of Department employees can also now access EAP.



Child Protection  
1300 664 977 (North Division Intake)  
8:45am-5pm, Monday to Friday  
13 12 78 (after hours emergency service)  
5pm-9am Monday - Friday, 24 hours on weekends and public holidays.  
You should contact the child protection intake service if you have concerns that a child is at risk of significant harm as a result of abuse or neglect.



1800RESPECT  
[www.1800respect.org.au](http://www.1800respect.org.au)  
1800 737 732  
24 hours a day, seven days a week.  
Online Chat: [www.1800respect.org.au](http://www.1800respect.org.au)  
A confidential information, counselling and support service for people impacted by sexual assault, domestic or family violence and abuse.



Safe Steps  
[www.safesteps.org.au](http://www.safesteps.org.au)  
1800 015 188  
24 hours a day, seven days a week.  
Web Chat: [www.safesteps.org.au](http://www.safesteps.org.au)  
9am-midnight, Monday to Friday.  
Victoria's 24/7 family violence response centre.



Headspace  
[www.headspace.org.au](http://www.headspace.org.au)  
1800 650 890  
9am-1am, seven days a week.  
Online Chat: [www.headspace.org.au/eheadspace](http://www.headspace.org.au/eheadspace)  
Headspace is a confidential, free and secure space where young people 12 – 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.



Beyond Blue  
[www.beyondblue.org.au](http://www.beyondblue.org.au)  
1300 224 636  
24 hours a day, seven days a week.  
Online Chat: [www.beyondblue.org.au](http://www.beyondblue.org.au)  
Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health.



Lifeline  
[www.lifeline.org.au](http://www.lifeline.org.au)  
13 11 14  
24 hours a day, seven days a week.  
Online Chat: [www.lifeline.org.au](http://www.lifeline.org.au)  
Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.



The Orange Door (North-Eastern Melbourne)  
[www.orangedoor.vic.gov.au](http://www.orangedoor.vic.gov.au)  
1800 319 355  
[nema@orangedoor.vic.gov.au](mailto:nema@orangedoor.vic.gov.au)  
The Orange Door is a free service for adults, children and young people who are experiencing or have experienced family violence and families who need extra support with the care of children.

*The Orange Door is a referral only service. It brings services together as a partnership so that individuals and families don't have to go to multiple services or to retell their story multiple times to have their needs met.*



kidshelpline  
Anytime Any Reason

Kids Helpline  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)  
1800 55 1800  
24 hours a day, seven days a week.  
Online Chat: [kidshelpline.com.au](http://kidshelpline.com.au)  
Kids Helpline is Australia's only free, 24/7 phone and online counselling service for young people aged 5 to 25.



ParentLine Victoria  
<https://services.dffh.vic.gov.au/parentline>  
13 22 89  
8am - midnight, seven days a week.  
ParentLine is a phone service for parents and carers of children from birth to 18 years old. They offer confidential and anonymous counselling and support on parenting issues.



Sexual Assault Crisis Line  
[www.sacl.com.au](http://www.sacl.com.au)  
1800 806 292  
24 hours a day, seven days a week.  
Free after-hours, confidential telephone crisis counselling service for people who are experiencing or have experienced sexual violence.



No to Violence – Men's Referral Service  
[www.ntv.org.au](http://www.ntv.org.au)  
1300 766 491  
9am - 9pm, seven days a week.  
The Men's Referral Service is a men's family violence telephone counselling, information and referral service.



MensLine Australia  
[www.mensline.org.au](http://www.mensline.org.au)  
1300 789 978  
24 hours, seven days a week.  
Online Chat: [mensline.org.au](http://mensline.org.au)  
MensLine Australia is a telephone and online counselling service for men with emotional health and relationship concerns.

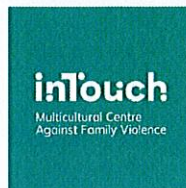


The Women's Services Network (WESNET)  
[www.wesnet.org.au](http://www.wesnet.org.au)  
1800 WESNET (1800 937 638)  
9am-5pm Monday to Friday.  
WESNET runs [Technology Safety Australia](http://www.technology-safety-australia.gov.au) to examine the intersection between technology and violence against women. It provides 'phone for survivors' and 'rides for survivors programs' to assist women escaping violence.

## If you or someone you know needs support you can contact:



**Djirra - Aboriginal Family Violence Response & Support Service**  
[www.djirra.org.au](http://www.djirra.org.au)  
1800 105 303  
9am-9pm, Monday to Friday.  
Djirra provide practical support to all Aboriginal women and people who are currently experiencing family violence or have in the past.



**InTouch**  
[www.intouch.org.au](http://www.intouch.org.au)  
1800 755 988  
InTouch are a state-wide specialist family violence service that works with women from migrant and refugee backgrounds, their families and their communities in Victoria.



**Elizabeth Morgan House**  
[www.emhaws.org.au](http://www.emhaws.org.au)  
9482 5744  
9am-5pm Monday to Thursday, 9am-4pm Friday.  
Elizabeth Morgan House provides safe and secure accommodation, support and counselling services to Aboriginal women and children experiencing Family Violence.



**Translating and Interpreting Service (TIS)**  
[www.tisnational.gov.au](http://www.tisnational.gov.au)  
131 450  
[Click here](#) for instructions on how to access an immediate phone interpreter.  
TIS is available to any individual or organisation in Australia, enabling non-English speakers to independently access services and information over the phone.



**VACCA Family Violence Client Service Delivery**  
[www.vacca.org](http://www.vacca.org)  
Preston: (03) 92878800  
Dandenong: (03) 91083500  
Frankston: (03) 87960700  
Melton: (03) 87462776  
Werribee: (03) 97428300  
Morwell: (03) 51356055  
Oven Murray: (03) 57569000



**Dardi Munwurro**  
[www.dardimunwurro.com.au](http://www.dardimunwurro.com.au)  
1800 435 799  
24 hours, 7 days a week.  
Dardi Munwurro is an Aboriginal men's crisis line offering 24-hour mental health, family and relationship support.



**Rainbow Door**  
[www.rainbowdoor.org.au](http://www.rainbowdoor.org.au)  
1800 729 367  
SMS Support: 0480 017 246  
Email Support: [support@rainbowdoor.org.au](mailto:support@rainbowdoor.org.au)  
10am-5pm, every day.  
Rainbow Door is a free service for all LGBTIQ+ people in Victoria, their friends, family and peers to contact for advice, further support and referrals.



**WithRespect**  
[www.withrespect.org.au](http://www.withrespect.org.au)  
1800 LGBTIQ (1800 542 847)  
9am-5pm Monday to Friday, until 8pm on Tuesdays.  
WithRespect provides resources and advice for LGBTIQ+ people of all ages and their families experiencing difficulty in their relationships, including family violence



**Qlife**  
[www.qlife.org.au](http://www qlife.org.au)  
1800 184 527  
3pm-midnight every day.  
Qlife provides Australia-wide anonymous, LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships.