Relevant External Resources available in the Community:

Emergency Support

If your life is in danger call emergency services on 000

Online and Phone Counselling

If you need support call one of the following numbers:

- Headspace
 - o **1800 650 890**
 - o <u>https://headspace.org.au/</u>
- eHeadspace
 - o **1800 929 050**
 - <u>https://headspace.org.au/eheadspace/</u>
- Youth Beyond Blue
 - o 1300 224 636
 - Online chat available 3pm midnight
 - o <u>https://www.beyondblue.org.au/</u>
 - o <u>https://www.youthbeyondblue.com/</u>
- Lifeline
 - o **13 11 14**
 - Online chat available 7pm midnight
 - \circ Text chat available 6pm midnight
 - o <u>https://www.lifeline.org.au/</u>
- Kids Helpline
 - 1800 55 1800
 - Online chat available 24/7
 - o https://www.kidshelpline.com.au/
- Suicide Call Back Service
 - o 1300 659 467
 - Online and video chat available 24/7
 - o https://www.suicidecallbackservice.org.au/
- Student Wellbeing Hub
 - <u>https://studentwellbeinghub.edu.au/</u>
- Reach Out o <u>https://au.reachout.com/</u>
- Black Dog Institute
 - o <u>https://www.blackdoginstitute.org.au/</u>







Counselling and Support for Eating Disorders

- The Butterfly Foundation
 - o 1800 33 4673
 - Online chat available 8am midnight
 - o https://butterfly.org.au/
- Eating Disorders Victoria
 - o 1300 550 236
 - o <u>http://eatingdisorders.org.au/</u>
 - **The EDV Hub:** is continuing to operate remotely throughout COVID-19 to provide information, referrals and general support as soon as possible.
 - Hours: Mon Fri 9.30am 4.30pm PH: 03 99940354

Email: hub@eatingdisorders.org.au

Parent Support

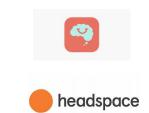
- Parentline
 - o **13 22 89**
 - Online chat available 8am 9pm
 - o <u>https://parentline.com.au/</u>
- Raising Children
 - o <u>https://raisingchildren.net.au/</u>
- 1800RESPECT
 - o **1800737 732**
 - Online chat available 24/7
 - o https://www.1800respect.org.au/
- Partners in Wellbeing Program (ACSO)
 - o 1300 375 330
 - Email: <u>partnersinwellbeing@acso/org.au</u>
 - o http://www.acso.org.au/aod-mh-support

You can also talk to

- Someone you trust
- Contact your GP, a counsellor, psychologist or psychiatrist
- Visit a hospital emergency department

Free Mindfulness Apps

- Smiling Mind
 - o https://www.smilingmind.com.au/
- Headspace
 - o http://www.headpsace.com/headspace-meditation-app





eating disorders

victoria







