

Wellbeing Supports



Name	What do they do	Opening times	Contact
Kids Help line	Counselling service for people aged between 5 and 25	24/7	1800 55 1800 https://www.kidshelpline.com.au
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/
Beyondblue	Depression and anxiety support	24/7	1300224636 www.beyondblue.org.au (Chat online or email)
Life Line	Crisis support, suicide prevention and mental health support services	24/7	13 11 14 https://www.kidshelpline.com.au/young-adults (email, web chat)
Griefline	Support for experiencing loss and grief	12 noon–3 am/7 days	1300 845 745
Direct line	People impacted by drug use	24 hours/7 days	1800 888 236
For health information			
Nurse on call	Expert health advice from a nurse	24 hours/7 days	1300 60 60 24
DHHS	Corona Virus Information		https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19
Parent Support			
Parent line	Support for Parents and carers with children from birth to 18 years	8 am–midnight/7 days	13 22 89