

IT'S OKAY TO ASK FOR HELP

PARENT SUPPORT SERVICES

PARENT AND FAMILY SUPPORT



Counselling and support for parents and carers. T: 13 22 89.
W: education.vic.gov.au



Up-to-date information about raising children and caring for yourself as a parent or carer. W: raisingchildren.net.au



Child FIRST is an easily accessible, community-based point of entry for children, young people and families needing support. T: 1300 367 146. W: services.dhhs.vic.gov.au



Support for Manningham and local communities in counselling, emergency relief, family services and family violence. T: 9856 1500. W: www.doncare.org.au



13 SALVOS (13 72 58). W: www.salvationarmy.org.au



Free financial counselling. T: 1800 675 398.

MEDICAL SUPPORT



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. T: 1300 60 60 24.



If you suspect you may have coronavirus (COVID - 19) call the dedicated hotline. Open 24 hours, 7 days. T: 1800 675 398.



Bulk billed doctor home visiting service. T: 13 74 25. W: homedoctor.com.au



MENTAL HEALTH SUPPORT



The Sexual Assault Crisis Line Victoria (SACL) is a telephone counselling service for people who have experienced both past and recent sexual assault. T: 1800 806 292 (24 hours a day, seven days a week). W: www.sacl.com.au



Fact sheets about anxiety and other mental health support. T: 1300 224 636. W: beyondblue.org.au



Online, phone and face-to-face crisis support and suicide prevention services. T: 13 11 14. W: lifeline.org.au



Telephone and online counselling service for men with emotional health and relationship concerns. T: 1300 78 99 78 (24 hours a day, 7 days a week) or 03 8371 2851 or via online webchat.

FAMILY VIOLENCE SUPPORT



Family violence response service for women and children with information on legal rights and accommodation options. T: 1800 015 188. W: www.safesteps.org.au



National 24/7 family violence and sexual assault telephone counselling service. T: 1800 737 732. W: 1800respect.org.au



Specialist family violence service in eastern metropolitan region providing case management, secondary consult and training. T: 9259 4200. W: www.edvos.org.au



Support for Aboriginal and Torres Strait Islander people in the eastern metro region in their healing from the impacts of family violence. T: 9212 0220. W: bwahs.com.au



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. T: North East Melb: 1800 319 355. W: orangedoor.vic.gov.au



Family Violence Service supporting families from migrant and refugee backgrounds. T: 1800 755 988. W: intouch.org.au

EMERGENCY SERVICES



In case of emergency call 000 for police, fire or ambulance.



DONCASTER
SECONDARY COLLEGE