

IT'S OKAY TO ASK FOR HELP

STUDENT SUPPORT SERVICES

COUNSELLING & FAMILY SUPPORT



Free, private and confidential 24/7 phone and online counselling service for young people aged 5-25. T: 1800 551 800. W: kidshelpline.com.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



Anonymous and free LGBTI peer support for people wanting to talk about sexuality, identity, gender, bodies, feelings and relationships. T: 1800 184 527. W: qlife.org.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



Mental health, physical health (inc. sexual health), alcohol and other drugs, work and study support. T: 9006 6500 (Hawthorn). W: headspace.org.au



Mental health information and support. Includes Youth Beyond Blue. T: 1300 224 636. W: beyondblue.org.au



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



Family violence and intimate partner violence service supporting LGBTIQ+ communities and their families. T: 1800 LGBTIQ (1800 542 847). W: withrespect.org.au



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