

Emergency support

In an emergency

Phone 000 and ask for police, fire or ambulance assistance.

If there is risk of serious harm or suicide call

- **Lifeline: 13 11 14**
- **Suicide Line Victoria: 1300 651 251.**
- **Suicide Call Back Service: (Australia Wide) 1300 659 467**

Telephone and web-based services (alpha order)

- **LifeLine:** (Australia wide) 13 11 14
Free, anonymous 24/7 Australia-wide crisis support
Telephone, online chat, and text chat service
- **13YARN:** (Australia wide) 13 92 76
24 hours a day, 7 days a week telephone service run by Aboriginal or Torres Strait Islander crisis support workers
Free and confidential, no judgment, no shame – a safe place to yarn
- **1800RESPECT:** (Australia wide) 1800 737 732
24 hours a day, 7 days a week national telephone support and online chat service for people experiencing domestic, family, and sexual violence
- **Beyond Blue:** (Australia wide) 1300 224 636
24 hours a day, 7 days a week telephone support and online chat for anyone experiencing symptoms of anxiety and depression
- **DirectLine:** (Vic based) 1800 888 236
24 hours a day, 7 days a week confidential and free telephone support and online chat alcohol and drug counselling service for Victoria
- **Family Drug Support:** (Australia wide) 1300 368 186
24 hours a day, 7 days a week national telephone support for families and friends of people who use substances
- **Kids Help Line (for young people):** (Australia wide) 1800 551 800
24 hours a day, 7 days a week free and confidential online and telephone support for young people aged 5 to 25
- **MensLine Australia:** (Australia wide) 1300 789 978
Free, 24 hours a day, 7 days a week telephone counselling and online chat for men experiencing distress, anger, violence, stress, addiction, and wellbeing concerns

- **QLife:** (Australia wide) 1800 184 527
3pm – 12pm midnight, 7 days a week telephone support and online chat service providing anonymous and free LGBTI peer support
- **Rainbow Door:** (Vic based) 1800 729 367
10am-5pm, 7 days a week telephone support and text chat service, free for all LGBTIQ+ people in Victoria
- **Safe Steps:** (Vic based) 1800 015 188
24 hours a day, 7 days a week telephone support and online chat service for Victorians experiencing family violence and domestic abuse
- **SANE Australia:** (Australia wide) 1800 187 263
10am-10pm Monday to Friday and online chat
For people with recurring, persistent, or complex mental health issues and trauma, and for their families, friends, and communities
- **Suicide Call Back Service:** (Australia Wide) 1300 659 467
Free telephone and online chat service for people having suicidal thoughts, as well as friends, family, and clinicians who are supporting people experiencing suicidal thoughts
- **SuicideLine Victoria:** (Vic based) 1300 651 251
Free and anonymous telephone and online chat support
24 hours a day, 7 days a week across Victoria
- **Roses in the Ocean Peer CARE Companion Warmline** 1800 777 337
A suicide prevention 48-hour callback service providing a safe place for people experiencing suicidal thoughts, supporting someone who is or bereaved by suicide to connect with others who have a similar lived experience for a chat, in a shared space of compassion, understanding and respect. **This is not a crisis line.**

International Directory for Global Suicide Prevention support and information.

Befrienders Worldwide (International):

supporting Victorians aged 26 years and over to get mental health and wellbeing treatment, care and support closer to home.