



National Crisis Numbers

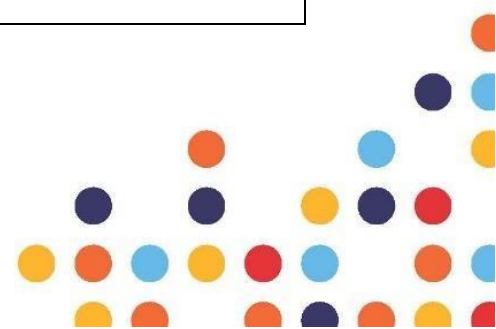
Coronavirus Numbers

COVID-19 Disability Information Helpline	1800 643 787	Monday - Friday 8 am to 8 pm (AEST)
Brother to Brother	1800 435 799	24-hour Crisis line for Aboriginal Men.
Coronavirus Mental Wellbeing Support (Beyond Blue)	1800 512 348	24/7
Mindspot – Coronavirus (COVID-19)	1800 614 434	8am - 8pm Monday to Friday 8am - 6pm Saturdays AEST
National Coronavirus Helpline	1800 020 080	24/7
Victoria DHHS (COVID-19) hotline (Call-to-test)	1800 675 398	Select option 9 to find out if you are eligible for this service.

National Helplines

Suicide Call Back Service	1300 659 467	24/7
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Kids Helpline (5-25yrs)	1800 551 800	24/7
Lifeline	13 11 14	24/7 Crisis Support Chat
Mens Line	1300 789 978	24/7
National Debt Helpline	1800 007 007	Livechat and Phone Line 9.30am to 4.30pm Monday to Friday.
Salvation Army Crisis Line	1300 363 622	24/7
Twenty 10 (GLBT)	1800 652 010	9:30am - 6:00pm Mon - Fri
Blue Knot Helpline (Adults Surviving Child Abuse)	1300 657 380	9:00am - 6:00pm Mon - Fri
Veterans Line	1800 011 046	24/7
SANE Information Line	1800 187 263	24/7
Samaritans Crisis Line	135 247	24/7
Beyond Blue	1300 224 636	24/7 Beyond Blue



1800RESPECT	1800 737 732	24/7
Women with Disabilities Australia- Our Site	Online	Online resources
Relationships Australia	1300 364 277	
Mens Referral Service	1300 766 491	

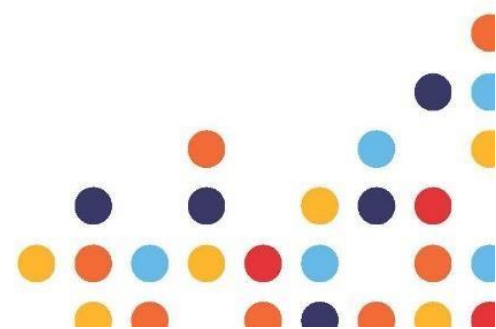
For Youth

Headspace	1800 650 890	For 12 – 25 year olds
Reach Out	Online Forums	

VIC

Mental Health Advice Line	1300 606 024	
Salvation Army Crisis Centre	1800 627 727 / 03 9536 7777	
Opening Doors	1800 825 955	
Safe Steps	1800 015 188	24/7
SuicideLine	1300 651 251	24/7
Care in Mind	1300 096 269	24/7 for Melbourne area

QLD

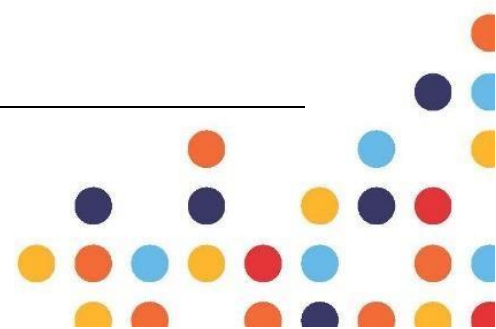


Mental Health Access Line	1800 642 255	24/7
Salvation Army QLD	1300 36 36 22 or 07 3831 9016 (Crisis Counselling)	Care
Homeless Hotline	1800 47 47 53	24/7
Domestic Violence	1800 811 811	24/7
Salvation Army Crisis Line (Queensland)	07 3831 9016	24/7
Mental Health Emergency Response Line - Metro	1300 555 788	24/7
Mental Health Emergency Response Line - Peel	1800 676 822	24/7
Salvo Care Line	08 9442 5777	24/7
Women's Domestic Violence	08 9223 1188	24/7

SA

Mental Health Emergency	13 14 65	24/7
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TAS



Mental Health Helpline	1800 332 388	24/7
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NT

Mental Health Hotline	1800 332 388	24/7
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ACT

Mental Health Crisis Team	1800 629 354 or 02 6205 1065	24/7
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NSW

Mental Health Line	1800 011 511	24/7
Salvation Army Crisis Line (Sydney)	02 8736 3295	24/7

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