

# EMERGENCY & CRISIS CONTACTS



SERVICE	CONTACT NUMBER	SERVICE DESCRIPTION
Emergency Services	000	Police/ Fire / Ambulance
Mental Health Triage • Peninsula Health	1300 792 977	Mental health information, referral for self or others in the Mornington Peninsula area
Mental Health Triage • Monash Health	1300 369 012	Mental health information, referral for self or others in the Casey & Cardinia areas
LifeLine	13 11 14	To speak to someone regarding emotional difficulties or unpleasant thoughts 24/7
BeyondBlue	1300 22 46 36	Information and support to help people achieve their best possible mental health.
BeyondBlue (Coronavirus)	1800 512 348	Coronavirus Mental wellbeing support service
Suicide Line	1300 651 251	A free 24/7 telephone, video and online counselling service for people at risk of suicide
Suicide Callback Service	1300 659 467	Mental health support call back service (Available 24/7)
eHeadspace	1800 650 893	Online and web chat counselling support for 12-25 year olds, family & friends
Opening Doors	1800 825 955	Crisis Housing Support
Mindspot	1800 61 44 34	Free telephone and online service for people with stress, worry, anxiety low mood or depression (Available 8am-8pm Mon-Fri & 8am-6pm Sat)
National Indigenous Critical Response Service	1800 805 801	Support for individuals, families and communities affected by suicide or other trauma that is culturally responsive to their needs.
Gamblers Helpline	1800 858 858	24/7 Gambling counselling, support, referral and advisory line
Direct Line	1800 888 236	24/7 Drug and Alcohol referral, counselling, advice line for you or your loved ones
Switchboard Victoria	1800 184 527	Telephone & web counselling, information and referral service for LGBTQIA+ people (Available 3pm-12am 7 days)



**Mentis Assist**  
 W: [www.mentisassist.org.au](http://www.mentisassist.org.au)  
 E: [info@mentisassist.org.au](mailto:info@mentisassist.org.au)  
 P: 1300 MENTIS (1300 636 847)

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SERVICE	CONTACT NUMBER	SERVICE DESCRIPTION
Sexual Assault Crisis Line	1800 806 292	Counselling support for anyone who has experienced sexual abuse (past or present)
Safe Steps Family Violence Response Centre	1800 015 188	24/7 support for women who are dealing with domestic violence
Mens Line Australia	1300 789 978	24/7 male specific support service. If you need to seek support for emotional difficulties
Nurse on Call	1300 606 024	24/7 Registered nurses providing over the phone advice regarding medical/ medication concerns
Parentline	13 22 89	24/7 parenting advice and supports
Child Protection	13 12 78	For afterhours child protection supports and advice
1800RESPECT	1800 737 732	National 24/7 Sexual Assault, Domestic Family Violence Counselling Service (online chat also available)
Carer Gateway	1800 422 737	Carers counselling service
Yarning Safenstrong	1800 95 95 63	Free confidential phone counselling service for Aboriginal & Torres Strait Islander people (Available 7 days from 12pm-10pm)
National Indigenous Critical Response Service	1800 805 801	Support for individuals, families and communities affected by suicide or other trauma that is culturally responsive to their needs.
Dardi Munwurro Crisis Line	1800 435 799	Crisis line for Aboriginal men

