

Head to Health

1800 595 212
headtohealth.gov.au

1800RESPECT

**National Domestic Family and
Sexual Violence Counselling Service**
1800 737 732
1800respect.org.au

After Hours Mental Health Nurse Support Service

1300 003 509
6-11pm weekdays and 2-7pm
weekends

Beyond Blue

1300 224 636
beyondblue.org.au

Child and Youth Mental Health Service (CYMHS)

1300 721 927
easternhealth.org.au

Rainbow Door

1800 729 367
rainbowdoor.org.au



DirectLine Alcohol & Drug Issues

1800 888 236
directline.org.au

Headspace Knox

9801 6088
headspace.org.au

Mens Line Australia

1300 789 978
mensline.org.au

Nurse on Call

1300 606 024

Ngarrang Gulinj-al Boordup EACH Aboriginal Health and Wellbeing

1300 003 224
each.com.au/aboriginal-health

Mullum Mullum Indigenous Gathering Place

9725 2166
mmigp.org.au

Mental Health and Wellbeing Support



Call 000 in an emergency

A mental health crisis is when someone is at risk of hurting themselves or others.

This can be:

- Self-harm
- Feeling suicidal
- Feeling out of control and unsafe

Lifeline

13 11 14
lifeline.org.au

Kids Helpline

1800 551 800
kidshelpline.com.au



SuicideLine Victoria

1300 651 251
suicideline.org.au

Suicide Call Back Service

1300 659 467
suicidecallbackservice.org.au



Interpreter Service

131 450



Phone 1800 555 660

TTY 1800 555 630

SMS 0416 001 350



Call 000 in an emergency

Head to Health

1800 595 212
headtohealth.gov.au
8:30am - 5pm Mon - Fri
(except public holidays)

Lifeline

13 11 14
lifeline.org.au



Knox City Council
knox.vic.gov.au/
mentalhealth
9298 8000

