

## Support Services

knox  
KNOX CITY

### HeadtoHelp

1800 595 212  
headtohelp.org.au

### 1800RESPECT National Sexual Assault, Domestic Family 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



## Crisis Services 24/7

### 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  
suicidcallbackservice.org.au



### Interpreter Service

131 450



Phone 1800 555 660

TTY 1800 555 630

SMS 0416 001 350



## Help is available

### Call 000 in an emergency

### HeadtoHelp

1800 595 212  
headtohelp.org.au  
8:30am – 5pm Mon – Fri  
(except public holidays)

### Lifeline

13 11 14  
lifeline.org.au

**KNOX**  
your city

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

