

Support services

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, 2-7pm weekends

Beyond Blue

1300 224 636
beyondblue.org.au

**Infants, Children and Youth
Mental Health Service**

1300 721 927
easternhealth.org.au

Rainbow Door

1800 729 367
0480 017 246 (Text)
rainbowdoor.org.au



DirectLine Alcohol & Drug Support

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



knox



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

0477 131 114 (Text)

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



National relay service

Phone: 1800 555 660

TTY: 1800 555 630

SMS: 0416 001 350



Help is available

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

0477 131 114 (Text)

lifeline.org.au

Knox City Council

knox.vic.gov.au/mentalhealth

9298 8000

0348

