

Family Support

- [Beyondblue](#) - call 1300 22 4636 for telephone support, information and resources for people dealing with depression or anxiety, or visit their website.
- [Black Dog Institute](#) – visit their website for information on symptoms, treatment and prevention of bipolar disorder and depression.
- [Mindhealthconnect](#) – access mental health care services, resources and online programs.
- [Relationships Australia](#) – call 1300 364 277 or visit the website for relationship support for individuals and families.
- [National Domestic Violence Hotline](#) – Call 1800 200 526 to talk to experienced family violence counsellors, 24 hours a day.
- [Direct Line](#) - call 1800 888 236 for confidential alcohol and drug counselling and referral.
- [Centre for Non-Violence](#) – call 5441 0430 or 1800 806 292 (24 hours) for support for women and children and men's programs.
- [ChildFIRST \(Campaspe\)](#) – call 1800 260 338 for community-based case management family support.
- [Department of Health and Human Services Child Protection \(triage\)](#) – Call 1300 664 977 if you have concerns that a child is at significant risk of harm or abuse.
- [Poisons Information](#) – call 131 126 for advice about poisonings, bites and medicine overdoses.
- [Nurse On-Call](#) – call 1300 606 024 to speak to a registered nurse for free health advice 24 hours a day.

Help for children and teenagers

- [Lifeline](#) – call 13 11 14 for this free, 24-hour Australia-wide crisis support and suicide prevention service.
- [Kids Help Line](#) – call 1800 55 1800 for free counselling and advice for young people between the ages of five and 25.
- [Youth Beyond Blue](#) – call 1300 22 4636 for free telephone counselling or visit their website for information, resources and support for young people with depression or anxiety.
- [ReachOut](#) – visit their website for information, tools and support for young people with mental health issues.
- [Headspace](#) – call for tailored holistic mental health support for 12-25 year olds. Call 5406 1400 to get in touch.

Help for parents

- [Parentline](#) – call 13 22 89 for this telephone counselling service for Victorian parents and carers of children up to 18 years of age. The service is available from 8 am to 12 am, 7 days a week.
- [Maternal and Child Health Advisory Line](#) – call 13 22 29 for this free 24-hour telephone service for Victorian families with children from birth to school age.
- [Raising Children Network](#) – is an online parenting resource with advice about rearing children of all ages.
- Specialist services – speak to experts in child psychology and get advice on mental health issues affecting your child:
 - [Child and Adolescent Mental Health Services, Department of Human Services](#) call 1800 363 788.
 - [Royal Children's Hospital Community Information team \(formerly Safety Centre\)](#)
 - [Association for Children with a Disability](#) call (03) 9818 2000 (or 1800 654 013 for rural callers).