

Family violence support	1800 Respect	National sexual assault and domestic/family violence counselling service	Ph: 1800 737 732
	<u>Safe Steps</u>	Supporting women and children in Victoria to live free from family violence	Ph: 1800 015 188
	<u>No to Violence</u>	Working with men to end family violence in Victoria and New South Wales	Ph: 1300 766 491
	<u>MensLine Australia</u>	National telephone and online counselling service for men with emotional health and relationship concerns	Ph: 1300 789 978
	<u>Relationships Australia</u>	National support for relationships for abusive and abused partners	Ph: 1300 264 277
	<u>InTouch</u>	Multicultural centre supporting the needs of refugee and migrant women experiencing family violence.	Ph: 1800 755 988
	<u>Djirra</u>	Supporting the safety and well-being of Aboriginal women experiencing family violence.	Ph: 1800 105 303
Parent services	<u>Parentline</u>	Phone service for parents and carers of children from birth to 18 years old offering confidential and anonymous counselling and support on parenting issues	Ph: 13 22 89
	<u>PANDA</u>	National support for individuals and families to recover from perinatal anxiety and depression	Ph: 1300 726 306
Mental health services	<u>Beyond Blue</u>	National mental health support	Ph: 1300 224 636
	<u>Lifeline</u>	Crisis support and suicide prevention	Ph: 13 11 14
	<u>SANE</u>	Support for Australians affected by complex mental health issues	Ph: 1800 187 263
	<u>Suicide call back service</u>	National telephone and online support for those affected by suicide	Ph: 1300 659 467
Children and young people's services	<u>Headspace</u>	National mental health support service for young people under the age of 25	https://headspace.org.au/
	<u>Kids helpline</u>	Confidential telephone and online counselling for young people aged 5 to 25 across Australia	ph: 1800 551 800