



## SOME HELPFUL SERVICES & CONTACTS

**In case of emergency, call 000 immediately.**

**Police 000 Fire 000 Ambulance 000**



**VIC SES: 132 500**

EMERGENCY ASSISTANCE FOR NATURAL DISASTERS



**NURSE-ON-CALL: 1300 60 60 24**

GENERAL HEALTH ADVICE



**MENSLINE: 1300 78 99 78**

MENS COUNSELLING SERVICE



**KIDS HELPLINE: 1800 55 1800**

CHILDREN'S COUNSELLING SERVICE



**SAFE STEPS: 1800 015 188**

FAMILY VIOLENCE SUPPORT



**LCMS REDRESS SUPPORT SERVICE:  
03 5441 6644**

SUPPORT FOR PEOPLE WHO EXPERIENCED  
INSTITUTIONAL CHILD SEXUAL ABUSE



**LIFELINE: 13 11 14 or  
SMS 0477 13 11 14**

CRISIS COUNSELLING & SUICIDE PREVENTION



**BEYOND BLUE: 1300 22 46 36**

MENTAL HEALTH SUPPORT



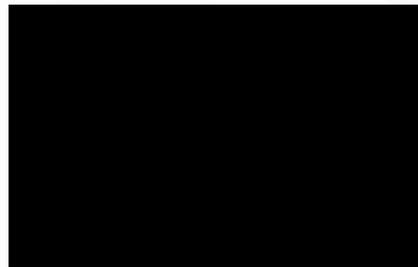
**VIC EMERGENCY HOTLINE:  
1800 226 226**

EMERGENCY INFORMATION



**EMERGENCY RECOVERY VICTORIA:  
1800 560 760**

EMERGENCY RECOVERY INFORMATION



**VIC SES: 132 500**

Victoria State Emergency Service (SES) is an emergency assistance service that can help with temporary repairs caused from a natural disaster such as storms, floods or earthquakes.

**NURSE-ON-CALL: 1300 60 60 24**

NURSE-ON-CALL puts you directly in touch with a registered nurse for caring, professional health advice 24 hours/7 days a week.

**MENSLINE: 1300 789 978**

MENSLINE offers free 24 hours/7 days a week, telephone counselling support for men. They can help with concerns about mental health, anger management, family violence addiction, relationships, stress and wellbeing.

**KIDS HELPLINE: 1800 55 1800**

KIDS HELPLINE is a free and confidential 24 hours/7 days a week phone and online counselling service for young people aged 5-25.

**SAFE STEPS: 1800 015 188**

SAFE STEPS provides support services for anyone in Victoria who is experiencing or afraid of family violence.

**LCMS REDRESS SUPPORT SERVICE: 03 5441 6644**

LCMS provides support for adults who experienced sexual abuse as a child, where that abuse happened in an institutional context. Support includes access to counselling, an apology and acknowledgement, and cash payments.

**LIFELINE: 13 11 14 or 0477 131 114**

LIFELINE Provides 24-hour crisis counselling, support groups and suicide prevention services.

**BEYOND BLUE: 1300 224 636**

BEYOND BLUE is here to help, whether you're seeking mental health info or qualified support for you or someone else. Call 1300 22 4636, 24 hours/7 days a week, chat online or email.

**VIC EMERGENCY HOTLINE 1800 226 226**

Access emergency information, during and after, major incidents in Victoria. It also offers information to help Victorians plan for, and recover from, emergencies.

**EMERGENCY RECOVERY VICTORIA 1800 560 760**

The Recovery Hotline is where people impacted by disasters can call for help.