

Relevant External Resources available in the Community:

Emergency Support

If your life is in danger call emergency services on 000



Online and Phone Counselling

If you need support call one of the following numbers:

- Headspace
 - o 1800 650 890
 - o <https://headspace.org.au/>
- eHeadspace
 - o 1800 929 050
 - o <https://headspace.org.au/eheadspace/>
- Youth Beyond Blue
 - o 1300 224 636
 - o Online chat available 3pm – midnight
 - o <https://www.beyondblue.org.au/>
 - o <https://www.youthbeyondblue.com/>
- Lifeline
 - o 13 11 14
 - o Online chat available 7pm – midnight
 - o Text chat available 6pm – midnight
 - o <https://www.lifeline.org.au/>
- Kids Helpline
 - o 1800 55 1800
 - o Online chat available 24/7
 - o <https://www.kidshelpline.com.au/>
- Suicide Call Back Service
 - o 1300 659 467
 - o Online and video chat available 24/7
 - o <https://www.suicidecallbackservice.org.au/>
- Student Wellbeing Hub
 - o <https://studentwellbeinghub.edu.au/>
- Reach Out
 - o <https://au.reachout.com/>
- Black Dog Institute
 - o <https://www.blackdoginstitute.org.au/>



Counselling and Support for Eating Disorders

- The Butterfly Foundation
 - o 1800 33 4673
 - o Online chat available 8am – midnight
 - o <https://butterfly.org.au/>



- Eating Disorders Victoria
 - o 1300 550 236
 - o <http://eatingdisorders.org.au/>
 - o **The EDV Hub:** is continuing to operate remotely throughout COVID-19 to provide information, referrals and general support as soon as possible.
 - Hours: Mon – Fri 9.30am – 4.30pm
 - PH: 03 99940354
 - Email: hub@eatingdisorders.org.au



Parent Support

- Parentline
 - o 13 22 89
 - o Online chat available 8am – 9pm
 - o <https://parentline.com.au/>
- Raising Children
 - o <https://raisingchildren.net.au/>
- 1800RESPECT
 - o 1800737 732
 - o Online chat available 24/7
 - o <https://www.1800respect.org.au/>
- Partners in Wellbeing Program (ACSO)
 - o 1300 375 330
 - o Email: partnersinwellbeing@acso.org.au
 - o <http://www.acso.org.au/aod-mh-support>



You can also talk to

- Someone you trust
- Contact your GP, a counsellor, psychologist or psychiatrist
- Visit a hospital emergency department

Free Mindfulness Apps

- Smiling Mind
 - o <https://www.smilingmind.com.au/>
- Headspace
 - o <http://www.headspace.com/headspace-meditation-app>

