You may be feeling scared, worried or overwhelmed about the Coronavirus outbreak. The information below provides you with a range of services who are available to support you.

**Life Line** – 13 11 14
www.lifeline.org.au
24 hour telephone and online crisis counselling, support groups & suicide prevention service

**Beyond Blue** – 1300 224 636
www.beyondblue.org.au
Telephone and online information and support to help everyone in Australia achieve their best possible mental health
Available 24 hours a day

**Kids Helpline** – 1800 551 800
www.kidshelpline.com.au
24 hour confidential and private counselling service specifically for children and young people aged 5 to 25 years

**MensLine Australia** – 1300 789 978
www.mensline.org.au
24 hour telephone and online support and information service for Australian men

**Suicide Call Back Service** – 1300 659 467
24 hour support if you or someone you know is feeling suicidal

**Crisis and Assessment Treatment Team (CATT)**
Psychiatric Triage Service
- 1300 369 012 (South East)
- 1300 792 977 (Peninsula)
- 1300 363 322 (Gippsland)
- 1300 363 746 (Inner South East)
- 1300 721 927 (Eastern)
Available 24 hours a day

**South East Child Abuse & Sexual Assault (SECASA)** – 1800 806 292
www.secasa.com.au
24 hour support, counselling and information

**Aged Mental Health** – 9265 1750
Provides home-based psychiatric assessment (this will be assessed on a case by case basis) treatment, and case management to clients over 65 years. Clients may have a psychiatric illness, and/or dementia with associated behaviours and in living in the defined catchment areas of Greater Dandenong, Cardinia/Casey, Bayside, Kingston, Glen Eira (part), and Monash (part).

**Grief Line** – 1300 845 745
www.griefline.org.au
Phone and online counselling
12pm-3am 7 days per week.

**Direct Line** – 1800 888 236
www.directline.org.au
24 hour telephone and online confidential alcohol & drug counselling & referral service

**Carers Australia** – 1800 514 845
Carer Advisory Line, information, carer support and respite coordination
8.30 – 5pm Monday to Friday. Currently closed to visitors – all services and appointment are via phone.

**Commonwealth Respite and Carerlink Centre (CRC) – 1800 052 222**
Access to information, respite care, and others supports appropriate to carers needs, and the people they are for.

For Emergency respite outside business hours – 1800 059 059

**Victoria Legal Aid** – 1300 792 387
www.legalaid.vic.gov.au
Telephone and online legal advice and support
8.45am to 5.15pm Monday to Friday

**Perinatal Anxiety & Depression Australia (PANDA)** – 1300 726 306
www.panda.org.au
Online support to women, men and their families to assist with recovery from perinatal anxiety and depression.
Telephone information, counselling & referral service
9am-7.30pm Monday to Friday

**Gambler’s Help** – 1800 858 858
www.gamblinghelponline.org.au
24 hour telephone or online support, information & counselling