

CRISIS SUPPORTS

SOCIAL WORK MONASH HEALTH

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 Carelink Centre (CRCC) – 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.gamlinghelponline.org.au

24 hour telephone or online support, information & counselling