

Support Links and Contact Numbers

If you need to speak to someone urgently, you can visit the websites below or call the support services numbers below.

[Lifeline](#) or call 13 11 14

[Kids Helpline](#) or call 1800 551 800

[MensLine Australia](#) or call 1300 789 978

[Suicide Call Back Service](#) or call 1300 659 467

[Beyond Blue](#) or call 1300 22 4636

[Headspace](#) or call 8186 8600 or 1800 650 890

[Relationships Australia](#) or call 1300 364 277

[Covid19 Mental Wellbeing Support Service](#) or call 1800 512 348

[ReachOut Australia](#)

[Care Leavers Australasia Network \(CLAN\)](#) or call 1800 008 774

[Middle South CAT Service](#) – Monash Medical Ph: 24/7 or call (03) 1300 369 012 ; Address: 246 Clayton Road, Clayton 3168, Fax: (03) 9594 1436