**Family and mental health support contacts and resources**

This document contains a range of family and mental health support resources useful for individuals, parents, carers, children and families. When this document is opened in Microsoft Word on a computer, the writing in blue is a link to a web page resource.

**Family Support**

* Beyondblue - call 1300 22 4636 for telephone support, information and resources for people dealing with depression or anxiety, or visit their website.
* Black Dog Institute – visit their website for information on symptoms, treatment and prevention of bipolar disorder and depression.
* Mindhealthconnect – access mental health care services, resources and online programs.
* Relationships Australia – call 1300 364 277 or visit the website for relationship support for individuals and families.
* National Domestic Violence Hotline – Call 1800 200 526 to talk to experienced family violence counsellors, 24 hours a day.
* Direct Line - call 1800 888 236 for confidential alcohol and drug counselling and referral.
* Centre for Non-Violence – call 5441 0430 or 1800 806 292 (24 hours) for support for women and children and men’s programs.
* ChildFIRST (Campaspe) – call 1800 260 338 for community-based case management family support.
* Department of Health and Human Services Child Protection (triage) – Call 1300 664 977 if you have concerns that a child is at significant risk of harm or abuse.
* Poisons Information – call 131 126 for advice about poisonings, bites and medicine overdoses.
* Nurse On-Call – call 1300 606 024 to speak to a registered nurse for free health advice 24 hours a day.

**Help for children and teenagers**

* Lifeline – call 13 11 14 for this free, 24-hour Australia-wide crisis support and suicide prevention service.
* Kids Help Line – call 1800 55 1800 for free counselling and advice for young people between the ages of five and 25.
* Youth Beyond Blue– call 1300 22 4636 for free telephone counselling or visit their website for information, resources and support for young people with depression or anxiety.
* ReachOut – visit their website for information, tools and support for young people with mental health issues.
* Headspace – call for tailored holistic mental health support for 12-25 year olds. Call 5406 1400 to get in touch.

**Help for parents**

* Parentline – call 13 22 89 for this telephone counselling service for Victorian parents and carers of children up to 18 years of age. The service is available from 8 am to 12 am, 7 days a week.
* Maternal and Child Health Advisory Line – call 13 22 29 for this free 24-hour telephone service for Victorian families with children from birth to school age.
* Raising Children Network – is an online parenting resource with advice about rearing children of all ages.
* Specialist services – speak to experts in child psychology and get advice on mental health issues affecting your child:
	+ Child and Adolescent Mental Health Services, Department of Human Services call 1800 363 788.
	+ Royal Children's Hospital Community Information team (formerly Safety Centre)
	+ Association for Children with a Disability call (03) 9818 2000 (or 1800 654 013 for rural callers). ­

**Corona Virus (COVID-19)**

* Vic Emergency has an informative website with alerts and information regarding the Corona Virus. There is also an app that is available through the app store.
* If you suspect that you or family member have the Corona Virus (Covid-19) call the dedicated hotline – open 24 hours, 7 days on 1800 675 398.

Corona Virus (COVID-19) Self-Assessment

* Emergency relief packages (food staples, nappies and baby formula, soup toothpaste, deodorant) are available for those mandated to self-isolate. Call 1800 675 398 or visit bit.ly/3bfFODh for more information.

