

**If you are in an emergency,  
or at immediate risk of  
harm to yourself or others,  
please call 000.**

#### Local Police Stations

##### Forest Hill

469 Springvale Road, Vermont South

☎ 8847 3600

##### Box Hill (open 24 hours)

1 Kangerong Road, Box Hill South  
(cnr. Whitehorse Road)

☎ 8892 3200

**Mental health includes our  
emotional, psychological,  
and social wellbeing.**

**Lifeline** 24/7 crisis support  
and suicide prevention services.

☎ 13 11 14

**Beyondblue** phone and online  
support (beyondblue.org.au).

☎ 1300 224 636

**Parentline** counselling service  
for parents and carers of children.

☎ 13 22 89

**Mensline Australia** support  
for men, anywhere, anytime.

☎ 1300 789 978

**Kids Helpline** 24/7 support  
for young people aged 5 to 25.

☎ 1800 551 800

**Headspace** youth mental  
health service.

☎ 1800 650 890

**NEAMI** mental health and  
wellbeing services and programs.

☎ 9890 9248

**HealthAbility** provide a range  
of mental health and wellbeing  
services.

☎ 9890 2220

**Butterfly Foundation** eating  
disorders or body image issues.

☎ 1800 33 4673

**Eastern Health** 24/7 carers  
and health professionals.

☎ 1300 721 927

**EACH** supports people of all  
ages with, or at risk of developing  
a mental illness.

☎ 1300 00 3224

**Anxiety Disorders Association  
of Victoria** information,  
support groups and resources.

☎ 9853 8089

**QLife** provides anonymous  
and free LGBTIQ+ peer support  
and referrals.

☎ 1800 184 527

**People from any background  
can experience homelessness.  
If you need help support  
is available.**

**Emergency Accommodation**

24/7 state-wide support, speak  
with a housing and support worker.

☎ 1800 825 955

**Wesley Mission** emergency  
accommodation, housing advice  
and support.

☎ 8870 4000

**Community Housing LTD** provide  
a range of services for people who  
are homeless or are at risk.

☎ 9856 0050 or 1300 245 468

**SalvoCare Eastern Regional**  
assists people who are homeless  
or at risk of homelessness.

☎ 9853 5680

**Joining a local group  
can help us feel more  
connected to and  
supported by other people.**

**Scan the QR  
code to view  
Council's  
Community  
Directory.**



**Addictions such as drugs, alcohol  
and gambling are health issues.**

**There are a range of ways you can  
reach out for help and support.**

**Directline** confidential alcohol  
and drug counselling and referral.

☎ 1800 888 236

**Inner East Central Intake Service**  
provides a coordinated link to  
treatment in the Eastern Region.

☎ 1800 778 278

**Eastern Drug and Alcohol Service**  
provides individual counselling for  
alcohol and drug dependence.

☎ 1800 888 236

**HealthAbility** drug and alcohol  
counselling, includes support for  
prescription and over-the-counter  
medications.

☎ 9890 2220

**Thorne Harbour Health**  
counselling service and treatment  
programs for LGBTIQ+ people.

☎ 9865 6700

**SalvoCare Eastern Care and  
Recovery** provide a range of  
support and recovery services.

☎ 1800 888 236

**Gamblers Help**  
24/7 confidential services.


☎ 1800 858 858



## Contacting Whitehorse City Council

 [www.whitehorse.vic.gov.au](http://www.whitehorse.vic.gov.au)

 [customer.service@whitehorse.vic.gov.au](mailto:customer.service@whitehorse.vic.gov.au)

 9262 6333

**National Relay Service**  
(Service for deaf or hearing impaired people) 133 677  
then quote 9262 6333

**Telephone Interpreter Service**  
Call and ask to be connected to Whitehorse City Council 131 450

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Family violence is against the law in Australia. It can happen with a current or former partner, in same sex, gender diverse relationships, between a parent, carer, child, siblings or extended family.

Examples of violence and abuse:

- verbal put downs
- threats to harm someone or pets
- pushing, throwing things at you, choking, forcing you to do sexual things
- controlling your money
- abusive comments on social media
- stalking you
- hiding your passport or visa documents

If you are experiencing family violence it is never your fault. Please call 000 if you need immediate help and feel unsafe.

For non-urgent help please contact:

### Safe Steps Response Centre


Victoria's 24/7 family violence response centre.

 1800 015 188


**The Orange Door** supports adults, children and young people.

 1800 354 322


**Eastern Community Legal Centre** free legal advice family violence and elder abuse.

 1300 32 52 00


**1800 RESPECT** Australia's 24/7 online (1800respect.org.au) and counselling and information support related to family violence.

 1800 737 732


**Eastern Centre against Sexual Assault** free counselling and support service for people who have experienced sexual assault.

 9870 7330

**W/Respect** LGBTIQ+ family violence service.


 1800 542 847

**Victims of Crime Helpline** free service offering information, advice and referrals to help victims to manage and recover.

 1800 819 817

### InTouch Multicultural Centre against Family Violence

specialist family violence service that supports women from migrant and refugee backgrounds.


 1800 755 988

### Boorndawan William Aboriginal Healing Service

specialist Aboriginal family violence service.

 9212 0200

**Child Protection** services to protect children and young people from harm caused by abuse or neglect within the family.

 1300 369 536

**WIRE** free support and referral service for women, non-binary and gender-diverse people.

 1300 134 130

**Child First Family Services** children, young people and families needing support.

 1300 762 125

**Kids Helpline** 24/7 service for young people aged 5 to 25.

 1800 551 800

**Mensline** Australia 24/7 support, services for men.

 1300 789 978

**Men's Referral Service** family violence telephone counselling, information and referral service for men.

 1300 766 491

**Adult survivors of childhood trauma and abuse**

 1300 657 380

**If you or someone else need urgent help or are at risk call 000.**



## Wellbeing Support Card

