

Support services

Head to Health

1800 595 212

headtohealth.gov.au

1800RESPECT

National Domestic Family and Sexual Violence Counselling Service

1800 737 732

1800respect.org.au

After Hours Mental Health

Nurse Support Service

1300 003 509

6-11pm weekdays, 2-7pm weekends

Beyond Blue

1300 224 636

beyondblue.org.au

Infants, Children and Youth Mental Health Service (ICYMHS)

1300 721 927

easternhealth.org.au

Rainbow Door

1800 729 367

0480 017 246 (Text)

rainbowdoor.org.au



DirectLine Alcohol & Drug Support

1800 888 236

directline.org.au

Headspace Knox

9801 6088

headspace.org.au

Mens Line Australia

1300 789 978

mensline.org.au

Nurse on Call

1300 606 024

Ngarrang Gulinj-al Boordup EACH Aboriginal Health and Wellbeing

1300 003 224

each.com.au/aboriginal-health

Mullum Mullum Indigenous Gathering Place

9725 2166

mmigp.org.au

Mental Health and Wellbeing Support



knox



Call 000 in an emergency

A mental health crisis is when someone is at risk of hurting themselves or others.

This can be:

- Self-harm
- Feeling suicidal
- Feeling out of control and unsafe

Lifeline

13 11 14
0477 131 114 (Text)
lifeline.org.au

Kids Helpline

1800 551 800
kidshelpline.com.au



SuicideLine Victoria

1300 651 251
suicideline.org.au

Suicide Call Back Service

1300 659 467
suicidecallbackservice.org.au



Interpreter Service

131 450



National relay service

Phone: 1800 555 660
TTY: 1800 555 630
SMS: 0416 001 350



Call 000 in an emergency

Head to Health

1800 595 212
headtohealth.gov.au
8.30am–5pm, Mon – Fri
(except public holidays)

Lifeline

13 11 14
0477 131 114 (Text)
lifeline.org.au

Knox City Council

knox.vic.gov.au/mentalhealth
9298 8000

