

Alcoholics Anonymous  
<https://aa.org.au/>

Domestic Violence Helpline  
<https://www.1800respect.org.au/>

Safe Steps Family Violence  
[www.safesteps.org.au](http://www.safesteps.org.au)

Sexual Assault Crisis Line  
[www.sacl.com.au](http://www.sacl.com.au)

Headspace  
[www.headspace.com.au](http://www.headspace.com.au)

Australian Childhood Foundation  
[www.childhood.org.au](http://www.childhood.org.au)

eSafetyWomen  
[esafety.gov.au/women](http://esafety.gov.au/women)

1800RESPECT (1800 737 732)  
[www.1800respect.org.au](http://www.1800respect.org.au)

Gambling Help

[https://gamblershelp.com.au/?gad\\_source=1&gclid=CjwKCAiAzc2tBhA6EiwArv-i6bdeMO\\_Np\\_tAtGw6QTrOgwP5mosG9ZuLTNJ1wRpgSbbO3EJH50DWUARoCgpcQAvD\\_BwE](https://gamblershelp.com.au/?gad_source=1&gclid=CjwKCAiAzc2tBhA6EiwArv-i6bdeMO_Np_tAtGw6QTrOgwP5mosG9ZuLTNJ1wRpgSbbO3EJH50DWUARoCgpcQAvD_BwE)



**24/7 Mental Health Services**

**Is it an emergency?** If you or someone you know is at immediate risk of harm, call triple zero (000)

<p><b>Suicide Call Back Service</b>  <i>Anyone thinking about suicide</i></p> <p><a href="http://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a>              1300 659 467</p>	<p><b>Lifeline</b>  <i>Anyone having a personal crisis</i></p> <p><a href="http://lifeline.org.au">lifeline.org.au</a>              13 11 14</p>
<p><b>Beyond Blue</b>  <i>Anyone feeling anxious or depressed</i></p> <p><a href="http://beyondblue.org.au">beyondblue.org.au</a>              1300 22 4636</p>	<p><b>Kids Helpline</b>  <i>Counselling for young people aged 5 to 25</i></p> <p><a href="http://kidshelpline.com.au">kidshelpline.com.au</a>              1800 55 1800</p>
<p><b>MensLine Australia</b>  <i>Men with emotional or relationship concerns</i></p> <p><a href="http://mensline.org.au">mensline.org.au</a>              1300 78 99 78</p>	<p><b>Open Arms</b>  <i>Veterans and families counselling</i></p> <p><a href="http://openarms.gov.au">openarms.gov.au</a>              1800 011 046</p>

healthdirect

Alternatively, you can contact **000** for an emergency or **131 444** for the non-urgent police assistance line.

Examples of non-urgent crimes and events include: burglary including at a commercial property or a home with no occupant present. Theft (including theft of a motor vehicle.)