Eastern Metro Region
FREE Health & Community
Services Contacts



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Alcohol & Other Drugs

Directline 24/7 **1800 888 236** Free support & referral



Outer east AOD support 1300 007 873 Inner east AOD support 1800 778 278

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Outer east AOD support **1300 007 873** Inner east AOD support **1800 778 278**

Mental Health



Head to Health 1800 595 212

Eastern Health Mental Health Services Access (Triage) 1300 **721 927**

For crisis 24/7 – Lifeline 13 11 14 Suicide Helpline 1300 651 251

For emergencies - 000

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For finding support

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For emergencies - 000

Homelessness



Eastern Region Homelessness assistance

1800 825 955 (9am-5pm M-F)

Salvation Army Crisis Services 1800 825 955 (after hours)

Homelessness



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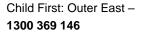
Child & Family Services

Child First: Outer East – 1300 369 146



Child First: Inner East – **1800 354 322**

Child & Family Services





Child First: Inner East – **1800 354 322**

Child & Family Services

Child First: Outer East – **1300 369 146**



Child First: Inner East – **1800 354 322**

In an Emergency Call 000



State what type of emergency you have

State your name and location

Stay focused, Stay relevant, Stay on the line

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Family Violence

- -Safe Steps (24/7 Crisis Service -women & LGBTIQ) 1800 015 188
- -Orange Door (Outer east) 1800 271 150
- -Orange Door (Inner East) 1800 354 322
- -Boorndawan Willam Aboriginal Healing Service (03) 9212 0200 (M-F, 9-5)
- -Men's Referral Service 1300 766 491

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Counselling

- -Lifeline 13 11 14
- -Griefline 1300 845 745
- -Sexual Assault Crisis Line (after hours) 1800 806 292
- -Eastern CASA 9879 7310 (Bus. Hrs)
- -MensLine Australia 1300 78 99 78
- -Rainbow Door LGBTIQA 1800 729 367

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Legal Advice

Eastern Community Legal Centre 1300 325 200

Victorian Legal Aid 1300 792 387

Women's Legal Service Victoria 1800 133 302

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Eastern Community Legal Centre

1300 325 200

Victorian Legal Aid

1300 792 387

Women's Legal Service Victoria

1800 133 302

Legal Advice

Eastern Community Legal Centre

1300 325 200

Victorian Legal Aid

1300 792 387

Women's Legal Service Victoria

1800 133 302

Gambling concerns?

Gamblers' Help Eastern (EACH) 1300 131 973

Gambling Help Online (Turning Point) 1800 858 858

Gambling concerns?

Gamblers' Help Eastern (EACH) 1300 131 973

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Gamblers' Help Eastern (EACH) 1300 131 973

Gambling Help Online (Turning Point) 1800 858 858



Carer Supports

Mental Health Carer Helpline 1300 554 660

SANE 1800 187 263

Tandem 1800 242 636

Family Drug Helpline 1300 660 068 Family Drug Support 1300 368 186

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Mental Health Carer Helpline 1300 554 660

SANE 1800 187 263

Tandem 1800 242 636

Family Drug Helpline 1300 660 068

Family Drug Support 1300 368 186

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Mental Health Carer Helpline 1300 554 660

SANE 1800 187 263

Tandem 1800 242 636

Family Drug Helpline 1300 660 068

Family Drug Support 1300 368 186

Lived Experience Networks

For Mental Health

- -Wellways Helpline 1300 111 500
- -VMIAC 9380 3900
- -IMHA 1300 947 820

For Alcohol & Other Drug -APSU/SHARC 9573 1700

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