

**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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Mental Health

For finding support



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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Homelessness



Eastern Region Homelessness
assistance

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

Salvation Army Crisis Services
1800 825 955 (after hours)

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Child & Family Services

Child First: Outer East –
1300 369 146



Child First: Inner East –
1800 354 322

Child & Family Services

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1300 369 146



Child First: Inner East –
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Child First: Inner East –
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**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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Gambling concerns?


Gamblers' Help Eastern
(EACH) **1300 131 973**

Gambling Help Online
(Turning Point) **1800 858 858**

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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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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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