

**Eastern Metro Region
Adult Health & Community
Services Access numbers**



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Alcohol & Other Drugs

Outer East Intake 1300 007 873
Inner East Intake 1800 778 278
Directline 1800 888 236
Reconnexion (Specialist Benzo service)
1300 273 266
Medication Support & Recovery
Service (prescription & over-the-
counter) 1800 931 101

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Mental Health

For crisis - Eastern Health
Mental Health Triage 1300 721 927
Eastern Melbourne 03) 9800 1071
PHN Referral & Access Team
Lifeline 13 11 14
Suicide Helpline 1300 651 251
NDIS Access 1800 800 110
NDIS Access advice 1800 242 696

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Housing/Homelessness

Eastern Region
Homelessness Assistance
1800 825 955 (9am-5pm) 5 days
Salvation Army Crisis Services
1800 825 955 (after hours)

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Family Services

FaPMI (Families where parents have a
Mental Illness) (03) 9871 3988
Child First: Outer East – 1300 369 146
Child First: Inner East – 1300 762 125
MensLine Australia – 1300 78 99 78
Switchboard (LGBTQI support)
1800 184 527

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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

EDVOS (03) 9259 4200
Aboriginal Family Violence Service
(03) 9212 0200 (M-F, 9-5)
Safe Steps (24 hour support for women)
1800 015 188
Centre Against Sexual Assault (24hrs)
1800 806 292
Eastern Region Child Protection
1300 360 391

Family Violence

EDVOS 03 9259 4200 (M-F 9-8) (w/end 9-5)
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Safe Steps (24 hour support for women)
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Grief counseling

Griefline
(03) 9935 7400
1300 845 745
Griefline - Somali
(03) 9570 5759

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Legal Advice

Eastern Community Legal Centre
03 9285 4822
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)
24/7 support 1800 858 858

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Carer Supports

MIND Carer Helpline 1300 550 265
Wellways Helpline 1300 111 400
SANE 1800 187 263
Tandem 1800 242 636
Family Drug Helpline 1300 660 068

Carer Supports

MIND Carer Help line 1300 550 265
Wellways Help line 03 8486 4222
SANE 1800 187 263
Carers Vic 1800 242 636
Family Drug Support 1300 368 186
Family Drug Helpline 1300 660 068

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Wellways Help line 03 8486 4222
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Family Drug Support 1300 368 186
Family Drug Helpline 1300 660 068

Consumer Networks

For Mental Health consumers-
Wellways Helpline 1300 111 500
VMIAC 9380 3900
IMHA 1300 947 820
For Alcohol & Drug consumers -
APSU/SHARC 9573 1700

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