There is local help available through DPV Health Call 1300 234 263 for an appt (8.30am-5pm). EMPHN Mental Health Referral and Access team Phone 9am-5pm 9800 1071.

Online help 24/7 through Lifeline 13 11 14 www.lifeline.org.au, Suicide Call Back Service 1300 659 467 www.suicide.callbackservice.org.au, Coronavirus Mental Wellbeing Support Service 1800 512 348 www.coronavirus.beyondblue.org.au, SANE Australia Helpline 1800 187 263 www.sane.org or 1800 Respect 1800 737 732 www.1800respect.org.au

For an interpreter call Translating and Interpreting Service on 13 14 50.

In an emergency, call 000 immediately.