

Do you or someone you know need help?

If you or someone you know is feeling isolated, anxious, depressed or experiencing family violence, help is available.

[DPV Health](#) is based in Melbourne's North West and has a counselling, social work and psychology team as well as GPs. Call 1300 234 263 for an appointment.

[Orange Door](#) is a free service for adults, children and young people who are experiencing or have experienced family violence and families who need extra support with the care of children. (North East Melbourne Area) Monday - Friday (not open public holidays) 1800 319 355

[IndianCare](#) can help by connecting you with service providers who can provide appropriate assistance 03 8312 8805

[HeadtoHelp](#) can help to find the mental health support that best fits your needs 1800 595 212

[LifeConnect](#) is a free service providing support to families, friends and colleagues who have been bereaved by suicide 1300 052 590

You can also make an appointment with your GP

National 24/7 crisis hotlines:

Lifeline	13 11 14
Harman Foundation multicultural crisis hotline	1800 116 675
Beyond Blue Support Service	1300 224 636
SANE Australia Helpline	1800 187 263
1800Respect	1800 737 732
Kids Helpline	1800 551 800
MensLine Australia	1300 789 978

If you need an interpreter, please call Translating and Interpreting Service (TIS National) on 13 14 50 or contact through www.tisnational.gov.au

In an emergency always call 000

