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| **Kids Helpline**  1800 551 800 | Children and young people can access this free, confidential support line 24/7 |
| **Lifeline**  13 11 14 | 24/7 crisis support and suicide prevention line  <https://www.lifeline.org.au> |
| **Beyond Blue**  1300 22 4636 | Support and advice  [www.beyondblue.org.au](http://www.beyondblue.org.au) |
| **Black dog Institute** | Mental health advice  <http://www.blackdoginstitute.org.au/> |
| **Headspace**  1800 650 890 | Online and telephone service supporting young people and their families  [www.headspace.org.au](http://www.headspace.org.au) |
| [**Parentline Victoria**](https://raisingchildren.net.au/_media/external-links/v/victorian-government-department-of-education-and-training-parentline-victoria)  **132 289**, 8 am-12 am 7 days | Telephone service for parents and carers of children from birth to 18 years old. Counselling and support on parenting issues. |
| **Head to Health** | Digital mental health services [www.headtohealth.gov.au](http://www.headtohealth.gov.au) |
| **GriefLine**  1300 845 745 | <https://griefline.org.au/>  Grief, loss and trauma support |
| **Mensline Australia**  1300 78 99 78 | Counselling service for men with emotional health and relationship concerns  [www.mensline.org.au](http://www.mensline.org.au) |
| **Psychiatric triage**  1300 363 746 | Information, assessment and referral provided for a mental health crisis |
| Contact your local doctor to make an appointment.  It is safe to visit your General Practitioner to discuss your mental health and options for ongoing support. | |