

Help is here.

Mental health and family violence support
for young people in Kingston.



MENTAL HEALTH SUPPORT SERVICES

- **Beyond Blue:** Support for anxiety, depression and suicide prevention. **1300 224 636 (24hrs)**
- **Lifeline:** Crisis support and suicide prevention. **13 11 14 | lifeline.org.au (24 hrs)**
- **Crisis Assessment and Treatment Team:** Urgent help for people in mental health crisis. **1300 369 012 (24 hrs)**
- **Headspace:** Free online group or individual phone support and counselling for young people (12-25 years), their friends and family. **1800 650 890 | headspace.org.au/eheadspace**
- **Central Bayside Community Health Service:** Group or individual support and counselling for all ages. **8587 0200 | cbchs.org.au/services/counselling-and-psychology**
- **Alfred Child & Youth Mental Health Service:** Co-ordinated mental health service for young people (up to 25 years) and their families. **8552 0555 | alfredhealth.org.au/services/child-youth-mental-health-service**

FAMILY VIOLENCE SUPPORT SERVICES

Help and support is available if you or someone you know is impacted by family violence.

Statewide support & referral to crisis accommodation

Safesteps: Family violence response centre. **(24 hrs)**
1800 015 188 | safesteps.org.au

1800 RESPECT: National counselling, information and support. **(24 hrs)**
1800 RESPECT | 1800 737 732
1800respect.org.au

The Orange Door: Local support and safety hub. **1800 319 353**
orangedoor.vic.gov.au
(9am - 5pm Mon to Fri).

Kids Help Line: Phone and online support for young people, parents and teachers. **(24 hrs)**
1800 55 1800
kidshelpline.com.au

Specialist & local services

No to Violence Men's Referral Service: Counselling and support information for men.
1300 766 491 | ntv.org.au

Djirra: Aboriginal family violence prevention and legal service.
1800 105 303 | djirra.org.au

InTouch Multicultural Centre Against Family Violence:
1800 755 988 | intouch.org.au

Rainbow Door: Specialist helpline for LGBTIQ+ Victorians.
1800 729 367
rainbowdoor.org.au

Kingston Youth Services - Platform 81:
Programs and support for young people (12-25 years) and their families. **1300 369 436**
kingstonyouth.org.au

Phone apps

For more info on keeping safe
southsafe.org.au



Askizzy: Connecting people in crisis with local support services, including housing, food, financial assistance, counselling and more.



Daisy app: Local support for people experiencing violence or abuse.



Sunny app: For women with disability who have experienced violence and abuse.



Scan the QR code or visit
kingstonyouth.org.au for more info.