



Crisis & Helplines

from Crocheted Hope

We cannot do it all alone. Find out where to go for help

Crocheted Hope is here as source of hope, support and guidance. Please find this comprehensive list of local, state and Australia wide services and helplines to assist in your time of need.

Whether you are needing this information, or are looking for someone else, please bookmark, save, print this list for now or future reference.

National Help & Services

- 1800RESPECT - 24/7 confidential counselling, information & support
 - 1800 737 732
 - 1800respect.org.au
- Lifeline - 24/7 crisis support & suicide prevention
 - 13 11 14
 - lifeline.org.au
- Kids Helpline - support services for kids aged 5-25
 - 1800 55 1800
 - kidshelpline.com.au

Victorian Help & Services

- Safe Steps Family Violence Response Centre (Victoria) - Crisis accommodation, safety planning, legal and advocacy support
 - 1800 015 188
 - safesteps.org.au
- The Orange Door - Free support for safety, family violence and child wellbeing
 - 1800 319 353
 - orangedoor.vic.gov.au
- WIRE (Women's Information and Referral Exchange) - For women, nonbinary and gender diverse people
 - 1300 134 130
 - www.wire.org.au
- DV Vic / Safe and Equal - Statewide peak body for family violence services, info and referral
 - www.safeandequal.org.au



Mental Health & Trauma

- Beyond Blue
 - 1300 22 46 36
 - beyondblue.org.au
- Lifeline - 24/7 crisis support & suicide prevention
 - 13 11 14
 - lifeline.org.au
- Kids Helpline - support services for kids aged 5-25
 - 1800 55 1800
 - kidshelpline.com.au
- Blue Knot Foundation (complex trauma)
 - 1300 357 380
 - blueknot.org.au

- Mind Australia
 - 1300 286 463
 - mindaustralia.org.au