



National Crisis Numbers

Coronavirus Numbers

Disability Gateway	1800 643 787	Monday - Friday 8 am to 8 pm (AEST)
Brother to Brother	1800 435 799	24-hour Crisis line for Aboriginal Men.
Coronavirus Mental Wellbeing Support (Beyond Blue)	1800 512 348	24/7
Mindspot – Coronavirus (COVID- 19)	1800 614 434	8am - 8pm Monday to Friday 8am - 6pm Saturdays AEST
National Coronavirus Helpline	1800 020 080	24/7
Victoria DHHS (COVID-19) hotline (Call-to-test)	1800 675 398	Select option 9 to find out if you are eligible for this service.

National Helplines

Disability Gateway	1800 643 787	Mon – Fri 8 am – 10 pm AEDT
Suicide Call Back Service	1300 659 467	24/7

Kids Helpline (5-25yrs)	1800 551 800	24/7
Lifeline	13 11 14	24/7 Crisis Support Chat
Mens Line	1300 789 978	24/7
National Debt Helpline	1800 007 007	Livechat and Phone Line 9.30am to 4.30pm Monday to Friday.
Salvation Army Crisis Line	1300 363 622	24/7
Twenty 10 (GLBT)	1800 652 010	9:30am - 6:00pm Mon - Fri
Blue Knot Helpline (Adults Surviving Child Abuse)	1300 657 380	9:00am - 6:00pm Mon - Fri
Veterans Line	1800 011 046	24/7
SANE Information Line	1800 187 263	24/7
Samaritans Crisis Line	135 247	24/7
Beyond Blue	1300 224 636	24/7 Beyond Blue
1800RESPECT	1800 737 73	24/7

Women with Disabilities Australia- Our Site	Online	Online resources
Relationships Australia	1300 364 277	
Mens Referral Service	1300 766 491	
Butterfly	1800 334 673	Online chat and resources
Healthdirect	1800 022 222	
Poisons Information Centre	131 126	Overdose, error with medicine or been poisoned

National Helplines For Youth

Headspace	1800 650 890	For 12 – 25 year olds
Reach Out	Online Forums	

Victoria

Mental Health Advice Line	1300 606 024	
Salvation Army Crisis Centre	1800 627 727 / 03 9536 7777	
Opening Doors	1800 825 955	
Safe Steps	1800 015 188	24/7
SuicideLine	1300 651 251	24/7

Care in Mind	1300 096 269	24/7 for Melbourne area
--------------	--------------	-------------------------

Queensland

Mental Health Access Line	1800 642 255	24/7
Salvation Army QLD	1300 36 36 22 or 07 3831 9016 (Crisis Counselling)	Care
Homeless Hotline	1800 47 47 53	24/7
Domestic Violence	1800 811 811	24/7
Salvation Army Crisis Line (Queensland)	07 3831 9016	24/7
Queensland SES	132 500	

Western Australia

Mental Health Emergency Response Line - Metro	1300 555 788	24/7
---	--------------	------

Mental Health Emergency Response Line – Peel	1800 676 822	24/7
Salvo Care Line	08 9442 5777 or 1300 363 622	24/7
Women’s Domestic Violence	08 9223 1188 or 1800 007 339	24/7

South Australia

Mental Health Emergency	13 14 65	24/7
---	----------	------

Tasmania

Mental Health Helpline	1800 332 388	24/7
--	--------------	------

Northern Territory

Mental Health Hotline	1800 682 288	24/7
---	--------------	------

Australian Capital Territory

Mental Health Crisis Team	1800 629 354 or 02 6205 1065	24/7
---	---------------------------------	------

New South Wales

Mental Health Line	1800 011 511	24/7
Salvation Army Crisis Line (Sydney)	1300 371 288 or 02 8736 3295	24/7
SES	132 500	Flood Storm and Tsunami
VRA	1300 872 777	Specialist rescue operators in their communities

[IDEAS](#) does information so you can do life.