

EXTRA SUPPORT

Police/Fire/Ambulance (24/7)

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Lifeline (Crisis Support) (24/7)

13 11 14

Kids Helpline (5-25 yo) (24/7)

1800 55 1800

Virtual ED (24/7)

vved.org.au

Bairnsdale Hospital Emergency (24/7)

122 Day St, Bairnsdale

SuicideLine Victoria (24/7)

1300 651 251

13YARN (Crisis Support-First Nations Australians) (24/7) 13 92 76

Safe Steps (Family Violence Response) (24/7)

1800 015 188

Beyond Blue (24/7)

1300 22 4636

Maternal and Child Health Line (24/7)

13 22 29

Nurse On Call (24/7)

1300 60 60 24

Victorian Poisons Information Centre (24/7)

13 11 26

Headspace (12-25 yo) (NOT crisis support)

headspace.org.au



Make a Joyful Noise - Wellbeing and Counselling

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