

SUPPORT SERVICES

Click the logo to go to the service website.



BEYOND BLUE

Advice & support for anxiety and depression

P: 1300 22 46 36

W: beyondblue.org.au



BUTTERFLY FOUNDATION

Advice & counselling for people experiencing eating disorders and their carers.

P: 1800 334 673

W: thebutterflyfoundation.org.au



KIDS HELPLINE

Free 24/7 phone & online counselling service for young people aged 5-25 years.

P: 1800 55 1800

W: kidshelpline.com.au



LIFELINE

Crisis support & suicide prevention

P: 13 11 14

W: lifeline.org.au



GRIEFLINE

Free service for people experiencing grief & loss.

P: 9935 7400

W: griefline.org.au



SUICIDE CALL BACK SERVICE

Immediate 24/7 telephone counselling & support in a crisis.

P: 1300 659 467

W: suicidecallbackservice.org.au

1800 RESPECT

Confidential information, counselling & support for people impacted by sexual assault, domestic/family violence & abuse.

P: 1800 737 732

W: 1800respect.org.au



YSAS

Youth drug & alcohol advice and mental health support.

P: 1800 014 446

W: ysas.org.au



EMPOWER AUSTRALIA

Free community food relief centres & support for people experiencing hardship or food insecurity.

P: 9896 7999

W: empoweraustralia.com.au



STUDY MELBOURNE

Referral and practical support for international students, mental health assistance, and legal advice.

P: 1800 056 449

W: studymelbourne.vic.gov.au



HEADSPACE

Mental health support, mentoring, work and study support.

W: headspace.org.au



13SICK HOME DOCTOR

National after-hours home doctor service.

P: 13 74 25

W: homedoctor.com.au



FOODBANK POP-UP STORE

Free grocery store for international students, running until the end of 2020.

230 La Trobe Street, Melbourne

10am – 2pm | Mondays, Wednesdays, Fridays

W: foodbank.org.au



FAIR WORK OMBUDSMAN

Fair working rights support & advice.

W: fairwork.gov.au

