

# Growing Up in Australia EMERGENCY & SUPPORT Services



The Longitudinal  
Study of  
Australian  
Children

Emergency services		
Ambulance, Police, Fire	000	
General support		
Poisons Information Centre <a href="http://www.poisonsinfo.nsw.gov.au/">www.poisonsinfo.nsw.gov.au/</a>	13 11 26	
Police Assistance Line ( <i>non-emergencies.</i> <i>For VIC, please contact your local police station</i> )	13 14 44	
Support services		
Lifeline Australia <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>	13 11 14	
Suicide Call Back Service <a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a>	1300 659 467	
healthdirect Australia <a href="http://www.healthdirect.gov.au">www.healthdirect.gov.au</a>	1800 022 222	
Kids Helpline ( <i>5–25 years of age</i> ) <a href="http://www.kidshelpline.com.au/teens/">www.kidshelpline.com.au/teens/</a>	1800 551 800	
beyondblue <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>	1300 224 636	
Counselling Online ( <i>Drug and alcohol counselling</i> ) <a href="http://www.counsellingonline.org.au">www.counsellingonline.org.au</a>	<i>Refer to website for state based phone numbers</i>	
Gamblers Anonymous – Australia <a href="http://www.gaaustralia.org.au">www.gaaustralia.org.au</a>	<i>Refer to website for state based phone numbers</i>	
1800RESPECT ( <i>National sexual assault, domestic and family violence counselling</i> ) <a href="http://www.1800respect.org.au">www.1800respect.org.au</a>	1800 737 732	
Transcend (Sex and Gender Diversity) <a href="http://www.transcendsupport.com.au">www.transcendsupport.com.au</a>		
QLife ( <i>Counselling/Referral service for LGBTI</i> ) <a href="http://www.qlife.org.au">www.qlife.org.au</a>	1800 184 527	
Office of the eSafety Commissioner ( <i>Cyber safety education and bullying support</i> ) <a href="http://www.esafety.gov.au">www.esafety.gov.au</a>	1800 880 176	
Bully Zero Australia Foundation <a href="http://www.bzaf.org.au">www.bzaf.org.au</a>	1800 028 559	
Relationships Australia <a href="http://www.relationships.org.au">www.relationships.org.au</a>	1300 364 277	
Raising Children Network <a href="http://www.raisingchildren.net.au">www.raisingchildren.net.au</a>		
Local services		
Local doctor		
Hospital (Accident and Emergency)		



Online chat



Email



Face-to-face

## Growing Up in Australia

Phone: 1800 005 508 free call (excluding mobile phones)

Email: [growingup@updatedetails.growingupinaustralia.gov.au](mailto:growingup@updatedetails.growingupinaustralia.gov.au)

Have you seen our website?

Check it out at: [growingupinaustralia.gov.au](http://growingupinaustralia.gov.au)