

Growing Up in Australia EMERGENCY & SUPPORT Services



The Longitudinal
Study of
Australian
Children

Emergency services		
Ambulance, Police, Fire	000	
General support		
Poisons Information Centre poisonsinfo.nsw.gov.au	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 lifeline.org.au	13 11 14	
Suicide Call Back Service suicidecallbackservice.org.au	1300 659 467	
Healthdirect Australia healthdirect.gov.au	1800 022 222	
Parentline (through Kids helpline) kidshelpline.com.au/parents/issues/ how-parentline-can-help-you	<i>Refer to website for state based phone numbers</i>	
ReachOut Australia parents.au.reachout.com		
Beyond Blue beyondblue.org.au	1300 224 636	
MensLine Australia mensline.org.au	1300 78 99 78	
Counselling Online (<i>Drug and alcohol counselling</i>) counsellingonline.org.au	<i>Refer to website for state based phone numbers</i>	
Family Drug Support Australia fds.org.au	1300 368 186	
Gamblers Anonymous – Australia gaaustralia.org.au	<i>Refer to website for state based phone numbers</i>	
Gambling Help Online gamblinghelponline.org.au	1800 858 858	
National Debt Hotline ndh.org.au	1800 007 007	
1800RESPECT (<i>National sexual assault, domestic and family violence counselling</i>) 1800respect.org.au	1800 737 732	
Transcend (Sex and Gender Diversity) transcendsupport.com.au		
QLife (<i>Counselling/Referral service for LGBTI</i>) qlife.org.au	1800 184 527	
Office of the eSafety Commissioner (<i>Cyber safety education and bullying support</i>) esafety.gov.au	1800 880 176	
Bullying. No way! bullyingnoway.gov.au		
Relationships Australia relationships.org.au	1300 364 277	
Raising Children Network raisingchildren.net.au		
Headspace headspace.org.au	1800 650 890	
Local services		
Local doctor		
Hospital (Accident and Emergency)		

Growing Up in Australia

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Website: growingupinaustralia.gov.au

- Online chat
- Email
- Face-to-face
- Online forum