



Merri-bek
City Council

Need to talk to someone....

Emergencies can affect us all in many ways. If you need extra support during this time, you can speak to your local doctor, mental health professional or contact the numbers below.

Lifeline	131 114	24-hour telephone service offering confidential support
Beyond Blue	1300 224 636	Expert information on depression; how to recognise the signs of depression, how to get help, how to help someone else and how to stay well.
Mensline Australia	1300 789 978	Telephone support, information and referral service, helping men deal with their relationship problems.
Nurse on-call	1300 60 60 24	24-hour telephone service that allows people to discuss any health-related issue with a registered nurse for the cost of a local call.
Parentline Victoria	13 22 89	8am – midnight, seven day a week a telephone service for parents and carers of children from birth to 18 years old, which offers confidential and anonymous counselling and support on parenting issues.
Kids Helpline	1800 551 800	24-hour telephone service that provides phone and online counselling service for young people aged 5 to 25.
Safe Steps	1800 015 188	Safe Steps provides confidential support for women and children living with family violence.
Disaster Legal Help Victoria	1800 113 432	For free legal advice, assistance and referrals for people affected by a disaster.

Merri-bek Language Link

Italiano	Italian	9280 1911	Türkçe	Turkish	9280 1914	普通话	Chinese (Simplified)	9280 0750
Ελληνικά	Greek	9280 1912	Tiếng Việt	Vietnamese	9280 1915	National Relay Service:		
عربي	Arabic	9280 1913	पंजाबी	Nepali	9280 0751	13 36 77 or relayservice.com.au		