



Helpful Contacts

At times when i am not contactable and in events of an emergency please don't hesitate to contact either 000 or any of the relevant services below to ensure you get the best support and service possible.

<p>Drugs & Alcohol</p> <p><u>Alcoholics Anonymous</u> 02 9799 1199</p> <p><u>Alcohol & Other Drugs Information Service</u> 1800 422 599</p> <p><u>Drug & Alcohol Specialist Advisory Service</u> 1800 023 687</p> <p><u>Family Drug Support</u> 1300 368 186</p> <p>Family Services</p> <p><u>Relationships Australia</u> 1300 364 277</p> <p><u>Child Protection Help Line</u> 13 21 11</p> <p><u>Health Direct Australia</u> Phone:1800 022 222</p> <p><u>Kids Helpline</u> Phone: 1800 551 800</p> <p>Eating Disorder</p> <p><u>Butterfly Foundation</u> 1800 334 673</p>	<p>Other Services</p> <p><u>Gambling Help Online</u> 1800 858 858</p> <p><u>Homelessness Australia</u> 02 6247 7744</p> <p><u>Mental Health Line</u> 1800 011 511</p> <p><u>Salvo's Emergency Relief Assistance</u> Phone: 1300 371 288</p> <p>Mums & Bubs</p> <p><u>PANDA</u> Phone: 1300-726-306</p> <p><u>Karitane</u> Phone: 1300 227 464</p> <p><u>Tresillian</u> Phone: 1300 272 736</p> <p><u>Parentline</u> Phone: 1300 301 300</p> <p><u>Pregnancy, Birth and Beyond</u> Phone: 02 9890 5687</p>	<p>Crisis Lines</p> <p><u>Australian Centre for Grief & Bereavement</u> 1800 642 066</p> <p><u>Poisons Information</u> 13 11 26</p> <p><u>Domestic Violence Crisis Line</u> 1800 656 463</p> <p><u>National Sexual Assault, DFV Counselling Service</u> Contact: 1800 737 732 (1800RESPECT)</p> <p><u>Lifeline</u> Phone: 13 11 14</p> <p><u>Beyondblue</u> Phone: 1300-224-636</p> <p><u>Suicide Call Back Service</u> Phone: 1300 659 467</p>
--	--	---