

Contacts for Families



Here are a few contacts of local and National services that offer support for families and friends



headspace Online and Phone Support

headspace provides free online and telephone support and counselling to young people 12 – 25, as well as their families and friends

Call 1800 650 890 or head to <https://headspace.org.au/>



headspace website

For families and friends wanting information about supporting young people who are having a tough time Head to <https://headspace.org.au/friends-and-family/life-issues/> for more information



Carers Victoria

Carers Victoria is the statewide voice for family carers, representing and providing support to carers in Victoria. Call 1800 514 845 or head to <https://www.carersvictoria.org.au/>



Domestic Violence Supports

If you are experiencing violence at home, you can contact: Keeping Families Safe on 1300 665 781 or

<https://www.peninsulahealth.org.au>

Orange Door on 1800 319 353 or <https://orangedoor.vic.gov.au/>



The Butterfly Foundation

Butterfly offers free and confidential support over the phone, by email and online chat for anyone concerned about eating disorders or body image issues. Call 1800 334 673 or head to

<https://butterfly.org.au/>

Directline

Directline offers free and confidential alcohol and drug counselling and referral in Victoria 24/7 via phone or online chat. Call 1800 888 236 or head to <https://www.directline.org.au/>

