

**1800 55 1800**  
Anytime. Any Reason.**Kids**  
aged 5 to 12

Enter!

**Teens**  
aged 13 to 17

Enter!

**Young Adults**  
aged 18 to 25

Enter!

**Parents  
and Carers**

Enter!

**Schools  
and Teachers**

Enter!

## Are you worried about novel coronavirus (COVID-19)?

Kids Helpline is still open to answer your call, email or WebChat

There's a lot of information and confusion out there about COVID-19 and things feel a bit uncertain. If you're feeling stressed, worried or anxious, we're here for you. Give us a [call](#), start a [WebChat](#) or send us an [email](#).

Things might change or progress quickly. We'll make sure we keep you up-to-date on Kids Helpline here on our homepage and on our [Instagram](#).

Need health info? You can call the [Coronavirus Health Information Line](#) on 1800 020 080.

[Find out more](#)

You may be worried about COVID-19...

**But you don't have to worry about Kids Helpline.**

**We're staying open. Anytime. Any Reason.**

<https://kidshelpline.com.au/>

kids helpline  
Anytime Any Reason

1800 55 1800 | kidshelpline.com.au



## 1800RESPECT

1800 737 732

24 hour national sexual assault, family and domestic violence counselling line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault.

Call toll-free [1800 737 732](tel:1800737732).

[Visit website](#)

## Lifeline

13 11 14

Lifeline has a national number who can help put you in contact with a crisis service in your State. Anyone across Australia experiencing a personal crisis or thinking about suicide can call [13 11 14](tel:131114).

[Visit website](#)

## Men's Referral Service

1300 766 491

This service from No to Violence offers assistance, information and counselling to help men who use family violence.

Call [1300 766 491](tel:1300766491) if you would like help with male behavioural and relationship concerns.

[Visit Website](#)

### Mensline Australia

1300 789 978

Supports men and boys who are dealing with family and relationship difficulties. 24/7 telephone and online support an information service for Australian men.

Call [1300 789 978](tel:1300789978) for help.

[Visit website](#)

### Kids Help Line

1800 551 800

Free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25 in Australia. Call [1800 551 800](tel:1800551800) for help.

[Visit website](#)

### Relationships Australia

1300 364 277

Support groups and counselling on relationships, and for abusive and abused partners.

To be connected to the nearest Relationships Australia, call [1300 364 277](tel:1300364277) (for the cost of a local call).

[Visit website](#)

### Aboriginal Family Domestic Violence Hotline

1800 019 123

Victims Services has a dedicated contact line for Aboriginal victims of crime who would like information on victims rights, how to access counselling and financial assistance.

[Call the hotline for help](#)

### Sikh Helpline Australia

The 'Sikh Helpline Australia' is an Australia-wide confidential support service for those in the Sikh community where anyone can get help, advice, counselling and information on various personal and professional issues.

Call [0401401040](tel:0401401040) for help.

[Visit the website](#)

### Translating & Interpreting Service

131 450

Gain free access to a telephone or on-site interpreter in your own language. Immediate phone interpreting is available 24 hours, every day of the year, on [131 450](tel:131450).

[Visit website](#)

#### Suicide Call Back Service

1300 659 467

Free counselling 24/7, whether you're feeling suicidal, are worried about someone else, or have lost someone to suicide.

Call [1300 659 467](tel:1300659467) for help.

[Visit website](#)

#### Australian Childhood Foundation

1800 176 453

/ 03 9874 3922

Counselling for children and young people affected by abuse.

For information, email them at [info@childhood.org.au](mailto:info@childhood.org.au).

For counselling services, call toll-free number [1800 176 453](tel:1800176453).

[Visit website](#)

#### Blue Knot Foundation

1300 657 380

Telephone counselling for adult survivors of childhood trauma, their friends, family and the health care professionals who support them. Call [1300 657 380](tel:1300657380) between 9am-5pm for counselling services or email at [helpline@blueknot.org.au](mailto:helpline@blueknot.org.au).

[Visit website](#)

#### National Disability Abuse and Neglect Hotline

1800 880 052

An Australia-wide telephone hotline for reporting abuse and neglect of people with disability.

Call the free hotline on [1800 880 052](tel:1800880052).

[Visit website](#)

#### Bursting the Bubble

What's OK at Home?

This website for young people has been developed by the Domestic Violence Resource Centre Victoria. It has been designed to help people understand what family violence is, why it happens, how to recognise it and how to help others who are experiencing it.

[Visit website](#)

### Penda

#### Smartphone financial & personal safety app

Penda is a free, national app with legal, financial, and personal safety information and referrals for women who have experienced domestic and family violence. Domestic violence service apps should only be downloaded if you have safe, secure control and access to your phone.

[Download the app](#)

### Daisy

#### Smartphone support services app

Daisy is an app developed to connect people experiencing violence or abuse to services in their local area. The app includes safety features to help protect your privacy. However, domestic violence service apps are only recommended to those who have safe and secure access to their phone.

[Download the app](#)

### Safe Steps Family Violence Response Centre

[1800 015 188](#)

A 24 hour hotline for family violence response. Call them on [1800 015 188](#) to help you prepare a safe plan for you and your children to leave a violent or abusive relationship.

[Visit the website](#)

### Sexual Assault Crisis Line

[1800 806 292](#)

Provides telephone support and counselling to anyone – women, men and young people – who has been sexually assaulted or abused and for anyone who is concerned or suspects someone they care about might have been assaulted or abused. Free call [1800 806 292](#)

[Visit the website](#)

### Men's Referral Service

[1300 766 491](#)

The Men's Referral Service offers anonymous and confidential telephone counselling, information and referrals to help men stop using violent and controlling behaviour. Call [1300 766 491](tel:1300766491) for help. They are available 8am-9pm during Monday to Friday, and 9am-6pm on weekends.

[Visit the website](#)

#### Victoria Legal Aid

[1300 792 387](tel:1300792387)

Find information and get access to free face-to-face legal advice.  
Call [1300 792 387](tel:1300792387) for help.

[Visit the website](#)

#### Federation of Community Legal Centres Victoria

[03 9652 1500](tel:0396521500)

Finding legal assistance and advice

The Federation of community legal centers Victoria can help you get legal assistance and advice in your local area. Call local number [03 9652 1500](tel:0396521500) for help.

[Visit the website](#)

#### Jewish Care Victoria

[03 8517 5999](tel:0385175999)

Provides aged and community services for the Jewish community in Victoria. Services include Residential Aged Care, Individual & Family Support Services, Community Aged Care, Disability Services, Financial Services, Youth Mentoring and Holocaust Survivor Support Services.

Call local number [03 8517 5999](tel:0385175999) for help.

[Visit the website](#)

#### InTouch

[1800 755 988](tel:1800755988)

InTouch provides services, programs and responses to issues of family violence in migrant and refugee communities. They develop and implement a number of culturally sensitive and holistic models for both the victims and perpetrators of family violence. Call toll free on [1800 755 988](tel:1800755988) for help.

[Visit the website](#)

#### Shakti

[03 975 34324](tel:0397534324)

[0432 611 688](tel:0432611688)

Shakti Community Council is a non-profit organisation providing culturally specialist, confidential support services to women and their children of Asian, African and Middle Eastern origins. Call [03 975 34324](tel:0397534324) or [0432 611 688](tel:0432611688) after-hours in VIC.

[Visit the website](#)

Beyond Blue

1300 22 4636

[www.beyondblue.org.au](http://www.beyondblue.org.au)

Headspace

1800650890

[www.headpscae.org.au](http://www.headpscae.org.au)

*Keep up with our latest tips on how we can support you through all the uncertainty at this time*

**#stayconnected**

Follow Our Pages On Facebook



The Resilience Centre  
on Facebook



The Resilience Doughnut  
on Facebook

Organisation Name	Food - meals, packages or parcels	Food Vouchers	Toiletries	Phonecards/ vouchers	Contact
Anglicare Victoria	✓	✓	✓	✓	anglicarevic.org.au 0408 129 590 Newbury Child and Community Centre, 440 Grand Boulevard, Craigieburn
Banksia Gardens Community Services	✓	✓	✓	✓	banksiagardens.org.au 9309 8531 71/81 Pearcedale Pde Broadmeadows
Brotherhood of St Laurence	✓				bsl.org.au 8339 6500 120 Hothlyn Drive Craigieburn
CareWorks SunRanges Inc	✓		✓		www.careworks.com.au 9740 5061 34 Macedon Street Sunbury
Dallas Neighbourhood House	✓				dallasnh.org.au 9302 2131 180 -182 Widford St Broadmeadows
DPV Health	✓	✓		✓	dpvhealth.org.au 1300 234 263 21/27 Hudson Cirt, Meadow Heights
Khalsa Darbar	✓		✓		<a href="https://www.facebook.com/khalsadarbarbarmickleham">https://www.facebook.com/khalsadarbarbarmickleham</a> 5 Lakeview Dr, Mickleham
Northpoint Centre Food Pantry	✓		✓		northpointcentre.org.au 9308 1477 20 Selwyn Avenue Craigieburn
Sri Guru Singh Sabha	✓		✓		SGSS.ORG.AU 344 Hume Hwy, Craigieburn
St Dominic's	✓	✓	✓	✓	sdbroadmeadows.catholic.edu.au 9309 4146 408 Camp Road Broadmeadows
St Vincent De Paul Society		✓	✓		vinnies.org.au 1800 305 330 4 Eadie St, Sunbury
The Salvation Army	✓		✓		www.salvationarmy.org.au 8339 4987 75 Interlink Drive Craigieburn
Tullamarine Community House	✓	✓	✓	✓	tullamarinehouse.org 9338 9072 30 Carol Grv, Tullamarine
Uniting Care	✓	✓	✓	✓	unitingvictas.org.au 9351 3600 413 Camp Rd, Broadmeadows