

Helplines relating to mental health and stress

Lifeline Suicide Prevention..... 13 11 14

Suicide Helpline Victoria

..... 1300 651 251

Mental Health Services .. 1300 13 11 14

SANE Mental Health Infoline

(Mon - Fri, 9am - 5pm) 1800 187 263

Gamblers Help 1800 156 789

Quitline..... 13 78 48

Turning Point Drug & alcohol

..... 1800 888 236

Raymond Hader Clinic

Drug & alcohol 1800 88 33 88

Mensline Australia 1300 789 978

Chain of Responsibility Hotline

..... 9747 0250

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