

KEEPING IT TOGETHER WEB SERIES

# HELPFUL RESOURCES



## HELPLINES 24/7 SUPPORT

**Lifeline**

13 11 14

**Beyond Blue**

1800 512 348

**1800Respect**

1800 737 732

**Kids Helpline**

1800 55 180

## COVID-19 SUPPORT

**Victoria Government**

<https://www.dhhs.vic.gov.au/coronavirus>

**Beyond Blue**

[coronavirus.beyondblue.org.au/](https://coronavirus.beyondblue.org.au/)

**Rising Children's Network**

[www.raisingchildren.net.au/guides/coronavirus-covid-19-guide](https://www.raisingchildren.net.au/guides/coronavirus-covid-19-guide)



## ANXIETY SUPPORT



**Anxiety Recovery Center Victoria (ARCVic)**

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

**Australian Psychological Society (APS)**

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

**Black Dog Institute**

<https://www.blackdoginstitute.org.au/resources-support/>

## PARENT SUPPORT

**Parentline 13 22 89**

[click here](#)

**Maternal and Child Health Line 13 22 29**

[click here](#)

**Headspace 1800 367 968**

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



## RELATIONSHIP SUPPORT

**Relationships Victoria**

<https://www.relationshipsvictoria.com.au/>

**Family Relationships Online 1800 050 321**

<https://www.familyrelationships.gov.au/>

IF YOU ARE NOT SAFE AND NEED IMMEDIATE HELP CALL 000



CASEY NORTH INFORMATION AND SUPPORT SERVICE INC.

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