

Source	Contact Details/Link	Description
Emergency	P: 000 www.triplezero.gov.au	
Alcoholics Anonymous Australia (AA)	P: 1300 22 22 22 www.aa.org.au	Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.
Association of Participating Service Users (APSU)	P: 03 9573 1736 www.apsuonline.org.au	The Association of Participating Service Users (APSU) is a service that exists to give people who use Alcohol and Other Drug (AOD) services a say in how services are run, in policy and research.
Cannabis Information and Helpline	P: 1800 304 050 www.ncpic.org.au/ncpic/helpline/	DAS West, in collaboration with local community, offers non-judgmental, flexible support and treatment for individuals and families affected by substance uses.
Counselling ONLINE	P: 1800 888 236 www.counsellingonline.org.au	Counselling ONLINE provides 24 hours 'live' free drug and alcohol counselling services to drug users, family members and others
Drug & Alcohol Service (DAS) West (Western Region)	P: 03 8345 6682 www.vicdrugguide.org.au or www.wh.org.au	DAS West, in collaboration with local community, offers non-judgmental, flexible support and treatment for individuals and families affected by substance uses.
Drug Info	P: 1300 858 584 www.druginfo.adf.org.au	DrugInfo is a service provided by the Australian Drug Foundation that offers information about alcohol and other drugs and the prevention of related harms.
Family Drug Help	P: 1800 660 068 www.familydrughelp.org.au	Family DrugHelp offers family members support, information, education, inspiration and the encouragement to practise self care to families with alcohol and other drug use issues.
Hepatitis Victoria	P: 1800 703 003 www.hepcvic.org.au	Hepatitis Victoria is the peak not-for-profit community organisation working across the State for people affected by or at risk of viral hepatitis.
MIND Carer Helpline	P: 1300 550 265 www.mindaustralia.org.au	Mind provides support to families that include a person with mental health issues.
Quitline	P: 13 78 48 www.quitnow.gov.au	Australian Government Quitline which provides useful resources in English and other languages to assist in smoking cessation.
ReGen (Moreland Hall) Alcohol & other drugs service	P: 03 9386 2876 www.regen.org.au	ReGen's is the leading alcohol and other drug (AOD) treatment and education agency of Uniting Care Victoria and Tasmania. It's a not-for-profit agency, which has over 40 years experience delivering a comprehensive range of AOD services to the community.
SuicideLine	P: 1300 651 251 www.suicideline.org.au	SuicideLine provides free professional, anonymous support, 24 hours a day, seven days a week across Victoria.
Victorian Mental Illness Awareness Council (VMIAC)	P: 03 9387 8317 www.vmiac.org.au	The Victorian Mental Illness Awareness Council (VMIAC) is a not-for-profit organisation whose purpose is to provide support, advocacy and referrals to people who are experiencing, or have experienced in the past, emotional or mental distress.
Voyage Alcohol & Drug Counselling Service(Western Region)	P: 03 9296 1228 www.isispc.com.au	Voyage provides alcohol and drug counselling service to people ages 16 years and above who reside or work in Western region.
Victorian Dual Disability Service (VDDS)	P: 03 9288 2950 www.vdds.org.au	The Victorian Dual Disability Service is a state-wide mental health service for adults with developmental disabilities (intellectual disability or autism spectrum disorders).
Headspace	Helpline: 1800 650 890 www.headspace.org.au	Headspace established in 2006. It is the National Youth Mental Health Foundation, which provides mental health wellbeing support, information and services to young people ages 12 to 25 years and their families.
Healthdirect Australia	Helpline: 1800 022 222 www.healthdirect.gov.au	Healthdirect provides Australians with access to trusted health information. All information has been provided through partnerships with government agencies and other trusted sources.
Mind Health Connect	www.mindhealthconnect.org.au	A national initiative operated by Healthdirect Australia, on behalf of the Australian Federal Government as part National E-Mental Health Strategy. You can access a range of mental health resources including online programs, fact sheets, audio and video, and online communities.
Reachout	www.ranzcp.org	Official website for the college of psychiatrists. Provides guidelines for management of different types of mental illness and general public information regarding mental illness. You can also search for a psychiatrist on the website.