

MENTAL HEALTH SERVICES

Lifeline 131114

Beyond Blue (National) 1300 224 636

Headspace (03) 9027 0100 or www.headspace.org.au

SANE Australia 1800 187 263

Suicide Callback (National) 1300 659 467

LGBTQIA+

Qlife 1800 184 527 or Chat Online (3pm-12am)

Thorne Harbour Health 1800 134 840

FAMILY VIOLENCE, SEXUAL ASSAULT

Respect Victoria 1800RESPECT

ARTS INDUSTRY SUPPORT

Support Act Wellbeing Helpline 1800 959 500

Entertainment Assist www.entertainmentassist.com

Will Centurion: Counselling and Life Coaching www.mrwillcenturion.com

