Help lines for Deaf and hard of hearing people in Victoria

All phone numbers can be used by any of the following ways:



National Relay <u>Service</u>

- Text and call - Captioned calls

Available: 24/7 **Website and App** (free)



<u>Video Relay</u> <u>Service</u>

Auslan Video Relay

Available: 7am - 6pm (AEST) **Monday to Friday** Website and App (free)

CONVOAU

Convo AU

Auslan Video Relay

Available: 24/7 Website and App **Convo AU** (paid)

For general mental illess and distress

Beyond Blue: Available: 24/7

Online chat: https://www.beyondblue.org.au/supportservice/chat

Email: <u>https://www.beyondblue.org.au/support-</u> service/email/beyond-blue-email-form

Phone number: 1300 224 636



Lifeline

For general mental illness and distress

Lifeline: Available: 24/7

Online chat: https://www.lifeline.org.au/crisis-chat/

SMS: 0477 13 11 14

Phone number: 13 11 14



Email: counsellor@kidshelpline.com.au

Online chat: https://kidshelpline.com.au/get-

help/webchat-counselling Phone number: 1800 55 1800





every day

For LGBTQIA+ Australia wide

QLife: Available: 3pm - Midnight every day

Online webchat: https://m2.icarol.com/ConsumerRegistration.aspx?

org=61795&pid=253&cc=en-US

Phone number: 1800 184 527

Rainbow Door: Available: 10am - 5pm

For LGBTQIA+ in Victoria SMS: 0480 017 246 Phone number:

Email: support@rainbowdoor.org.au

1800 729 367





9am - 7:30pm (AEST)

800RESPECT

https://www.1800respect.org.au/help-andsupport/telephone-and-online-counselling

Phone number: 1800 737 732

For family violence and sexual assault

Australia): Available: Monday - Saturday

PANDA webform:

counselling/

Online chat via pop up box:

https://panda.org.au/contact For families, perinatal mental health and wellbeing Phone number: 1300 726 306



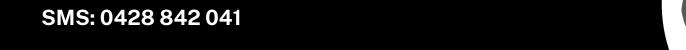


MensLine

Online chat via pop up box: https://mensline.org.au/phone-and-online-

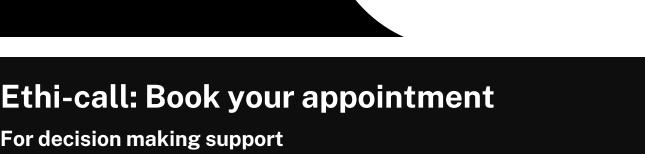
Phone number: 1300 78 99 78

For men counselling support



For decision making support

Phone number: 1300 727 247





Online booking: https://ethics.org.au/consulting-and- leadership/ethi-call/

This resource is created by **DISCLAIMER:**

> Deaf Victoria cannot claim that any or all organisations are deaf aware and accessible

> > for deaf. This is a collection of contact details

for quick access to get help or support

DeafVictoria A Deaf and Hard of Hearing

Advocacy Organisation in Victoria