

POST SHOW RESOURCES - TRAPS

If this performance has raised any concerns, please see below for resources to assist.

Is anyone in immediate danger? Please call 000

If you are worried you may harm yourself or someone else, or need immediate help for someone else in this situation.

VICTORIA - 1300 874 243

Psychiatric triage available 24/7

If you are in distress

LIFELINE

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

13 11 14 – 24/7

LIFELINE CRISIS SUPPORT CHAT

<https://www.lifeline.org.au/crisis-chat/>

7pm - 12am (AEST), 7 days a week



BEYONDBLUE -

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

1300 22 4636 – 24/7

<https://www.beyondblue.org.au/support-service/chat>

3pm - 12am (AEST) 7 days a week

Supports and Information

Safe Steps - <https://www.safesteps.org.au/>

Victoria's 24/7 family violence response centre for confidential crisis support, information and accommodation. Phone: 1800 015 188

Email: safesteps@safesteps.org.au

Sexual Assault Crisis Line - <https://www.sacl.com.au/>

Crisis counselling service for people who have experienced both past and recent sexual assault. Phone: 1800 806 292 (24 hours a day, 7 days a week)

Victims of Crime Helpline - <https://www.victimsofcrime.vic.gov.au/>

Information and support for adult male victims of family violence and victims of violent crime. Phone: 1800 819 817 or text 0427 767 891 (8am to 11pm every day)
email: vsa@justice.vic.gov.au

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Men's Referral Service - <https://www.ntv.org.au/>

Free, confidential expert support for people at risk of using family violence.
Phone: [1300 766 491](tel:1300766491) (8am to 9pm, Monday to Friday / 9am to 5pm, Weekends)

The Orange Door - <https://www.orangedoor.vic.gov.au/>

A free service for adults, children and young people who are experiencing or have experienced family violence and families who need extra support with the care, wellbeing and development of children.

Child protection - <https://services.dffh.vic.gov.au/child-protection>

To report children and young people whose safety is at risk.

Kids Helpline - <https://kidshelpline.com.au/>

Private and confidential 24/7 phone and online counselling service for young people aged 5 to 25. Phone: [1800 55 1800](tel:1800551800) (24 hours a day, 7 days a week)

Victorian Aboriginal Child Care Agency (VACCA) <https://www.vacca.org/>

Statewide support service for Aboriginal children and families. Phone: [\(03\) 9287 8800](tel:0392878800) (9am to 5pm, Monday to Friday)

MensLine Australia - <https://mensline.org.au/>

Telephone and online counselling service for men with emotional health and relationship concerns. Phone: [1300 78 99 78](tel:1300789978) (24 hours a day, 7 days a week)

Rainbow Door - <https://www.rainbowdoor.org.au/>

A free specialist LGBTIQ+ helpline that supports individuals and families of all ages and identities with family violence, including intimate partner violence, elder abuse, sexual assault and relationship issues. Phone: [1800 729 367](tel:1800729367) (10am to 6pm 7 days), text: [0480 017 246](tel:0480017246), email: support@rainbowdoor.org.au

Drummond Street/Queerspace - <https://www.withrespect.org.au/community>

Family violence counselling and support for any LGBTIQ+ person, their family or friends, who are affected by family violence. Phone: [\(03\) 9663 6733](tel:0396636733) (9am to 5pm, Monday to Friday, and until 8pm on Tuesdays)

Partners in Wellbeing Helpline <https://www.partnersinwellbeing.org.au/>

Twenty pop-up community mental health services across Victoria will provide wellbeing checks and counselling to those needing support, phone [1300 375 330](tel:1300375330).