

If you or a friend find yourself in a time of need, here are some local services who can help.



Tough times pass

In case of an emergency, call **000** immediately



Psych Services Bendigo: 1300 363 788 24 hours.

Kids helpline: 1800 551 800 24 hours.

Lifeline: Call 13 11 14 24 hours. Text 0477 13 11 14 12pm - 2pm.

Beyond Blue: 1300 224 636 24 hours.

Suicide Call Back Service: 1300 659 467 24 hours.

Homeless Crisis 1800 825 955 24 hours.

Family Violence Crisis Support 1800 015 188 24 hours.

National Alcohol and Other Drugs Hotline 1800 250 015 24 hours.

Sexual Assault, Domestic/Family violence 1800RESPECT 24 hours.

eheadspace 1800 650 890 9am-1am 7 days.

headspace Bendigo 5406 1400 Mon-Tue 9am-6pm & Wed-Fri 9am-5pm.

BCHS Sexual Health Services 5406 1200 9am-5pm Mon-Fri.

Rainbow Door 1800 729 367 10am-5pm 7 days. **QLife** 1800 184 527 3pm-12am 7 days.

Ask Izzy www.askizzy.org.au/ Online resource with over 370,000 support services.



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