

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



**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 or Text 0477 13 11 14 - 12pm-2am.

**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:** 1800 737 732 - 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/](http://www.askizzy.org.au/) Online resource with over 370,000 support services.



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