

Additional suicide prevention contacts

- [Eastern Health Mental Health Triage](#) – 1300 721 927 (outer and middle eastern suburbs).
- Austin Health Mental Health Triage – 1300 859 789 (north eastern suburbs).
- St Vincent Health Mental Health Triage – 1300 558 862 (inner eastern suburbs).
- [Northern Health Mental Health Triage](#) – 1300 874 243 (northern and north western suburbs).
- Monash Health Mental Health Triage – 1300 369 012 (middle southern suburbs).
- [Suicide Call Back Service](#) is a 24-hour, nationwide service that provide telephone and online counselling to people aged 15 and old affected by suicide – 1300 659 467.
- [SuicideLine](#) offers 24-hour and free telephone support across Victoria – 1300 651 251.
- [Lifeline](#) is a 24-hour counselling, suicide prevention and mental health support service – 13 11 14.
- [beyondblue](#) offers 24-hour telephone support, online chat service, and links to local services – 1300 224 636.
- [Sane Helpline](#) provides information, guidance, and referral to help manage mental health concerns. Available weekdays, 9am-5pm AEST – 1800 187 263.
- [MensLine Australia](#) provides 24-hour support for Australian men – 1300 789 978.
- [Kids Helpline](#) offers free confidential 24-hour telephone and online counselling for young people aged 5-18 – 1800 551 800.
- [e-headspace](#) provides online counselling for young people aged 12-25 years.
- [National StandBy Response Service](#) is a 24-hour coordinated community response service to families, friends, and communities who have been bereaved through suicide.
- [Support After Suicide](#) offers information, resources, and group support for those bereaved by suicide.
- [Commonwealth Department of Health's listing of Victoria's Mental Health Services](#).