



ASSUMPTION COLLEGE

Helpful Online and Phone Resources

ReachOut.com au.reachout.com

Headspace eheadspace.org.au

Youth Beyond Blue youthbeyondblue.com

Lifeline	131 114
Kids Helpline www.kidshelp.com.au	1800 551 800
Suicide Helpline www.suiceline.org.au	1300 651 251
Mensline https://www.mensline.org.au/	1300 789 978
Centre Against Sexual Assault (CASA) Crisis line www.casa.org.au	1800 806 292
Domestic Violence Crisis Line www.dvrcv.org.au	1800 200 526
Pregnancy Helpline http://www.pregnancysupport.com.au/	1300 792 798
Directline- Alcohol & Drug Counselling & Information www.turningpoint.org.au	1800 888 236
Youth Substance Abuse Scheme (YSAS) www.ysas.org.au	1800 014 446
Gambling Help Online www.gamblinghelponline.org.au	1800 858 858
Gay and Lesbian Switchboard 6am-10pm www.switchboard.org.au	1800 184 527
Victims of Crime Helpline www.victimsofcrime.com.au	1800 00 00 55
Eating Disorders Foundation of Victoria www.eatingdisorders.org.au	1300 550 236
CentaCare Access http://www.centacare-sandhurst.org.au/	0354 381 300
Centrelink www.centrelink.gov.au	
Youth Law - information on your rights and free legal advice http://youthlaw.asn.au/	9611 2412
Victorian Legal Aid http://www.legalaid.vic.gov.au/	1800 677 402
NSW Legal Aid http://www.legalaid.nsw.gov.au/	1300 888 529
CAMHS (Child & Adolescent Mental Health Services) Vic	1300 363 788
Deniliquin Community Mental Health	1800 800 944
DHS (Department of Human Services) Victoria www.dhs.vic.gov.au	1300 650 172
DOCS (Department of Community Services) NSW www.community.nsw.gov.au	132 111