

PANDA (Perinatal anxiety and depression Australia)
1300 224 364 277
www.panda.org.au
Relationships Australia
1300 364 277
www.relationships.org.au
CASA (Centre against sexual assault)
1800 806 292
SAFE STEPS Family violence response centre 1800 015 188
Lifeline 13 11 14
Men's Referral Service
1300 766 491 or (03) 9428 2899
Djirra (Aboriginal support services)
1800 105 303
If you ever require immediate assistance due to an unsafe situation, please call **000**.

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