

Hello Everyone,

Just a note to remind you all that the EDFL is here to offer support along with appropriate referral contacts and wished to provide these links for you to consider for your own teams and community members:

If you or anyone you know needs help:

Call [000](#) for Police, Ambulance and Fire if you are immediate danger.

[Lifeline](#) on 13 11 14

[Gambler's Help](#) on 1800 858 858

[DirectLine](#) (Drug and Alcohol Support) on 1800 888 236

[Australian Centre for Grief and Bereavement](#) on 1800 642 066

[Translating & Interpreting Service](#) on 131 450

[Victoria Aboriginal Community Services Association Ltd](#) on (03) 9416 4266

[Kids Helpline](#) on 1800 551 800

[Relationships Australia](#) on 1300 364 277

[Safe Steps](#) on 1800 015 188

[MensLine Australia](#) on 1300 789 978

[Suicide Call Back Service](#) on 1300 659 467

[Beyond Blue](#) on 1300 224 636

[Headspace](#) on 1800 650 890

[1800RESPECT](#) on 1800 737 732

[Men's Referral Service](#) on 1300 766 491

[ReachOut](#) at au.reachout.com

[Care Leavers Australasia Network \(CLAN\)](#) on 1800 008 774

[Learning from home advice line](#) on 1800 338 663

[Play by the rules](#)

[Love Me Love You](#)

[COVID-19 Helpline](#) on 1800 020 080

Stay safe and well over this period and don't hesitate to contact us if you need anything.