



Hope Assistance Local Tradies (HALT) is a grassroots suicide prevention charity. We run events and workshops to remind tradies that they are valued by their community, and to direct them to local and national services should they need support. Amidst the current COVID-19 pandemic, and ever-changing circumstances around work, schools and health many people may be experiencing additional stresses and could be struggling to cope.

If a friend, a colleague, or a family member share what is happening for them and you feel that they could do with some additional help, here is a list of some first points of call to offer those that may be experiencing mental health difficulties.

For information about COVID-19 symptoms, testing and other vital information, please call the DHHS Corona virus hotline 1800 675 398 or visit their website: www.dhhs.vic.gov.au/coronavirus

NORTH WEST MELBOURNE SUPPORT SERVICES

HEADSPACE Sunshine

Services: Mental Health, GP, AOD, Vocation and Study
Web: headspace.org.au/headspace-centres/sunshine/
Phone: 9927 6222

HEADSPACE Melton

Services: Mental Health, GP, AOD, Vocation and Study
Web: headspace.org.au/headspace-centres/melton/
Phone 8065 5600

Sunshine Family Relationship Centre (FRC)

Services: Mental Health Services, Family Relationship Counselling, Men's Counselling, Family Violence
Web: www.relationshipsvictoria.com.au/view-location/location/12
Phone: 9313 0444

NORTH WEST MELBOURNE GPs AND PSYCHOLOGIST CLINICS

IPC Health – Deer Park

Services: GP, counselling, AOD, Gamblers Help, Dental and a lot more
Web: www.ipchealth.com.au
Phone: 9219 7142

Keilor Village Medical

Services: GP, Men's Health, Mental health, Psychologist
Web: www.keilorvillagemedical.com.au
PH: 9331 6967

Melton Community Health

Services: GP, AOD, Counselling, Family Violence and Child Safety, Dental and a lot more
Web: www.djhs.org.au/home
Phone: 8746 1100

Better Place Australia (Melton)

Services: Family Counselling, Youth counselling, Private Psychology – by referral
Web: www.betterplaceaustralia.com.au/location/melton/
Phone: 9355 4700

OTHER SUPPORT SERVICES

Lifeline – Anonymous 24 Hour Crisis Support

Phone: 13 11 14
Text: (6pm-12am) 0477 13 11 14
Web: lifeline.org.au

Mensline – Anonymous 24 hour Crisis Support for Men

Phone: 1300 789 978
Web: mensline.org.au

Suicide Call Back Service – 24 hour Anonymous Phone and Online Counselling

Phone: 1300 659 467
Web: suicidecallbackservice.org.au

HEADSPACE – Connecting Young People and their Carers with Local Support

Web: headspace.org.au

Q-Life - A National Service that aims to Support LGBTQI Communities

Phone: 1800 184 527 (3pm–midnight AEST)
Webchat: [www.qlife.org.au/resources/chat](http://www qlife.org.au/resources/chat) (3pm-midnight)

Kids Helpline – a 24 hour Helpline for 5-25 year olds and their Carers

Phone: 1800 55 1800
Web: kidshelpline.com.au

Anglicare Victoria – Counselling, Food, Family, Housing and Financial Assistance

Phone: 1300 111 278
Web: anglicare.org.au

Aboriginal Community Controlled Health Service

Phone: 9411 9411
Web: www.vaccho.org.au/om/our-membership/members

Djirra – Indigenous Support Service

Phone: 1800 105 303
Web: djirra.org.au

Orange Door – Family Violence Support Service

Phone numbers are as per region or location
Web: orangedoor.vic.gov.au

IN CASE OF AN EMERGENCY – IF YOU OR SOMEONE ELSE IS IN IMMEDIATE DANGER, PLEASE CALL 000

OR IF YOU ARE CONCERNED FOR SOMEONE'S SAFETY YOU CAN CALL YOUR LOCAL POLICE STATION WHO CAN PERFORM A WELFARE CHECK