

We are Gippslanders – We are strong



VACCA
Connected by culture

REACH OUT FOR HELP

“We are here for you”

Speak to someone – reach out

If you or someone you know are struggling, reach out and connect with services and supports don't do it alone. There is help available from these and other organisations.

Call 000

For immediate assistance when life may be in danger

Yarning SafeNStrong

Call 1800 95 95 63

7 days a week from 12noon – 10pm

A statewide social and emotional wellbeing helpline for Aboriginal Victorians.

Suicide Call Back Service

Call 1300 659 467

www.suicidecallbackservice.org.au/emergency

What to do in an emergency

Lifeline

Call 13 11 14 Text or chat online www.lifeline.org.au

Empowering people to be suicide safe through connection, compassion and hope

Beyond Blue

Call 1300 224 636 day or night chat online beyondblue.org.au

It's always a good time to call.

Kidshelpline

Call 1800 55 18 00 kidshelpline.com.au

Anytime, any reason.

Mensline Australia

Call 1300 78 99 78 mensline.org.au

Support for Australian men anywhere, anytime

For further information about warning signs to look for in someone else, or how you might approach a conversation with someone that you are worried about, have a look at the Beyond Blue website. Here you will discover information and resources specifically for Aboriginal people. <https://www.beyondblue.org.au/the-facts/suicide-prevention/worried-about-someone-suicidal/having-a-conversation-with-someone-you're-worried-about>

There is local help at hand

Headspace Morwell is a valuable resource to support those aged between 12–25 year of age and their family and friends.

headspace Morwell (03) 5136 8300 info@headspacemorwell.org.au

Our community are here for you

When things are really tough and you can't see a way forward, remember, there is always someone you can turn to – Aunts, Uncles, cousins, your friends and family. There is no shame in asking for help and there are so many people and professionals that can walk alongside you to support you move to a better place.

WE CARE

WE ARE
STRONG

Culture and
connection

Our
community
in unity

WE ARE
HERE FOR
YOU