

## Mental Health Access/Crisis Lines by Region

**ACT:** 1800 629 354

**NSW:** 1800 011 511

**NT:** 1800 682 288

**QLD:** 1300 MHCALL (1300 642 255)

**SA:** 13 14 65

**TAS:** 1800 332 388

**WA:** 1800 676 822

**VIC:** By Area, see below

### Metro

- Central East 1300 721 927
- Dandenong 1300 369 012
- Inner South East 1300 363 746
- Inner Urban East 1300 558 862
- Inner West 1300 874 243
- Mid West 1300 874 243
- Middle South 1300 369 012
- North East 1300 859 789
- Northern 1300 874 243
- Outer East 1300 721 927
- Peninsula 1300 792 977
- South West 1300 657 259

### Rural

- Barwon 1300 094 187
- Gippsland 1300 363 322
- Glenelg 1800 808 284
- Goulburn & Southern 1300 369 005
- Grampians 1300 661 323
- Loddon Campaspe / Southern Mallee 1300 363 788
- NE Hume – Wodonga 1300 881 104
- North Mallee 1300 366 375
- Wangaratta 1300 783 347