



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](http://www.dhhs.vic.gov.au/coronavirus)*

## **MORNINGTON PENINSULA & FRANKSTON SUPPORT SERVICES**

### **Orange Door Frankston**

Support around family violence.

Support for aboriginal community members.

Phone: 1800 319 353

Web: [orangedoor.vic.gov.au](http://orangedoor.vic.gov.au)

### **Mornington Community Information and Support Centre**

Food bank, financial services.

Phone: 5975 1644

Web: [www.mcisc.org.au](http://www.mcisc.org.au)

## **MORNINGTON PENINSULA & FRANKSTON GPS AND PSYCHOLOGIST CLINICS**

### **Atticus Health Bittern, Hastings and Tyabb**

Web: [atticushealth.com.au](http://atticushealth.com.au)

### **Mount Martha Village Clinic**

Phone: 5975 6211 or 5974 3500

Web: [mmvc.com.au](http://mmvc.com.au)

### **Positive Psychology Frankston, Oakleigh and Mornington**

Telephone counselling and health services.

Phone: 1800 159 110

Web: [positivepsychology.net.au](http://positivepsychology.net.au)

## **OTHER SUPPORT SERVICES**

### **Lifeline – Anonymous 24 Hour Crisis Support**

Phone: 13 11 14

Text: (6pm-12am) 0477 13 11 14

Web: [lifeline.org.au](http://lifeline.org.au)

### **Mensline – Anonymous 24 hour Crisis Support for Men**

Phone: 1300 789 978

Web: [mensline.org.au](http://mensline.org.au)

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

Phone: 1300 659 467

Web: [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

### **HEADSPACE – Connecting Young People and their Carers with Local Support**

Web: [headspace.org.au](http://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](http://kidshelpline.com.au)

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

Phone: 1300 111 278

Web: [anglicare.org.au](http://anglicare.org.au)

### **Aboriginal Community Controlled Health Service**

Phone: 9411 9411

Web: [www.vaccho.org.au/om/our-membership/members](http://www.vaccho.org.au/om/our-membership/members)

### **Djirra – Indigenous Support Service**

Phone: 1800 105 303

Web: [djirra.org.au](http://djirra.org.au)

**IN CASE OF AN EMERGENCY – IF YOU OR SOMEONE ELSE IS IN IMMINENT 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**