

FIRST NATIONS FREE HEALTH & WELLBEING SERVICES

Available across Australia

- **13YARN – 24/7 Aboriginal & Torres Strait Islander Crisis Support Line: 13 92 76**
- **Brother to Brother – 24/7 Crisis Support Line for Aboriginal & Torres Strait Islander Men: 1800 435 799**
- **Thirrili – 24/7 Indigenous suicide or other significant trauma postvention support: 1800 805 801**
- **Yarning safe ‘N’ strong – 24/7 phone counselling service: 1800 959 563**
- **Tackling Indigenous Smoking – Free Call: 1800 282 624**
- **Aboriginal Family Domestic Violence Hotline: 1800 019 123**

Online Recourses

- **www.mentalhealthformob.org**
- **<https://wellmob.org.au/>**
- **Positive Choices – Drug & Alcohol information and support for Aboriginal and Torres Strait Islander People.**
- **Proppa Deadly – Podcast that focuses on depression and anxiety. Aboriginal and Torres Strait Islander men and women share their experiences and how they combated these issues.**

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Victoria Based

- Victorian Aboriginal Community Controlled Health Organisation (VACCHO).
- Victorian Aboriginal Health Service (VAHS).
- First Peoples Health and Wellbeing (FPHW).
- Djirra - Legal and non-legal support to people who are/or have experienced family/domestic violence: Free Call 1800 105 303.
- Ngwala Willumbong - Alcohol & Drug Outreach & Rehabilitation Programs, Family Violence Programs, Homelessness Programs: 9510 3233
- VACCA Emergency Housing: 9287 8800
- VACSAL Homelessness Outreach Team: 9416 4266
- Orana Gunyah – Support for Aboriginal Women and children experiencing family violence: 03 5135 6055
- Orange Door – Support for all people experiencing family violence - Phone numbers & closest services can be found here.
- Elizabeth Morgan House Aboriginal Women’s Service – Support for Aboriginal Women & children with family violence, housing difficulties, legal services, medical & health support.

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Within University of Melbourne

- **UoM Health and Wellbeing Hub** - Get urgent Mental health crisis support, book counselling & psychological, dental services, food relief, and have access to book bulk billing medical appointments.
- **SafeZone App** - Allows you to quickly share your location and details with the University Security in case of emergency. Also has helpful links to other wellbeing services.

MDHS Staff Support

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