

Emergency Support Services


Domestic Violence & Mental Health Assistance

If you or someone you know is in immediate danger, **call 000**.

DWNA is committed to supporting individuals and families in times of crisis. Below are important services available across Australia for **domestic violence** and **mental health support**. These services are free, confidential, and available 24/7 unless stated otherwise.

Domestic Violence Support


1800RESPECT (National Sexual Assault, Domestic & Family Violence Counselling Service)

 1800 737 732

 www.1800respect.org.au

- 24/7 confidential counselling and support
- Online chat available
- Support for all genders


Safe Steps (Victoria – Family Violence Response Centre)

 1800 015 188

 www.safesteps.org.au

- 24/7 crisis support for women and children
- Emergency accommodation assistance
- Safety planning and referrals

MensLine Australia


 1300 78 99 78

 www.mensline.org.au

- 24/7 counselling for men
 - Support for relationship and family challenges
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Mental Health Support


Lifeline Australia

 13 11 14

 www.lifeline.org.au

- 24/7 crisis support and suicide prevention
- Phone, text, and online chat services


Beyond Blue


 1300 22 4636

 www.beyondblue.org.au

- 24/7 mental health support
- Anxiety, depression, and wellbeing assistance

Suicide Call Back Service


 1300 659 467


 www.suicidecallbackservice.org.au

- 24/7 phone and online counselling
 - Support for people at risk and their families
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Multicultural & Language Support

Translating and Interpreting Service (TIS National)

 131 450

 www.tisnational.gov.au

- Free interpreting services for non-English speakers
 - Available 24/7
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Important Notes

- All services listed are **confidential and free**.
 - If you feel unsafe, trust your instincts and seek help immediately.
 - You are not alone—support is always available.
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DWNA Support Commitment

DWNA stands with individuals and families affected by domestic violence and mental health challenges. We encourage everyone to seek help, support one another, and create safer, stronger communities together.