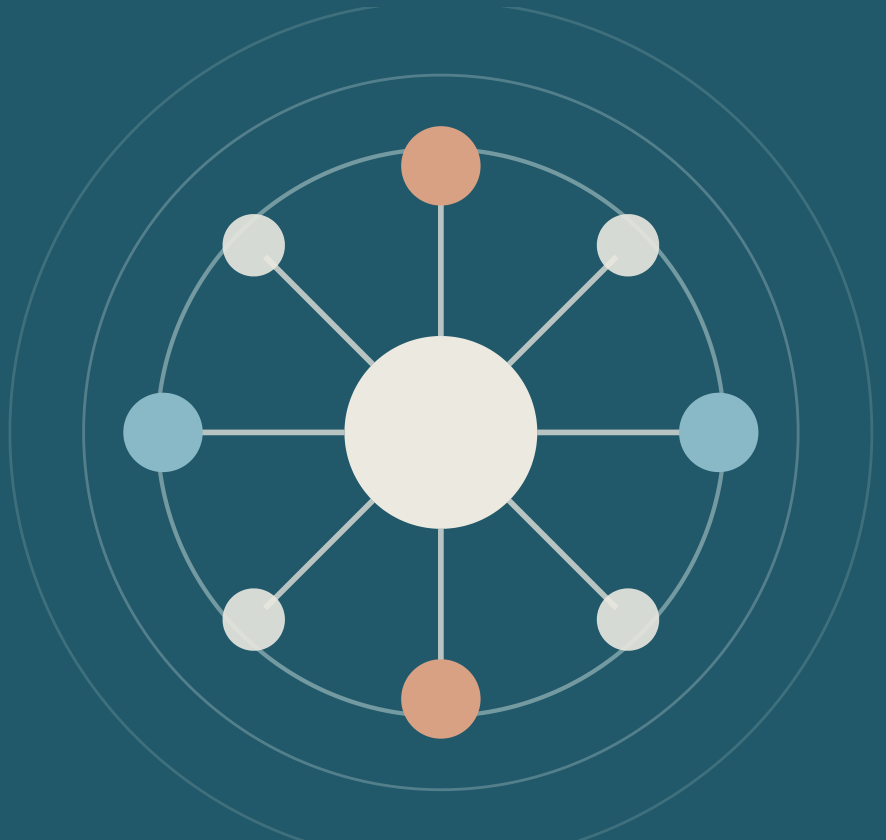




HELP WHEN YOU NEED IT

Support Services & Resources

Crisis lines, specialist support services, online programs and where to find a psychologist, all in one place.



Ms. Julie-Anne L. Peake

Clinical Psychologist, myMHC

BA(Psych/Phys), BAppSc(Hons), MPsych(Clin), DipPS(EM), MAPS, FCClin

0435 025 393 • Julie-Anne@mymhc.com.au

KEEP THIS HANDY

Save it on your phone, or print it and keep it somewhere easy to find.

www.myMHC.com.au

What do I do in a crisis?

If your safety, or someone else's, is at immediate risk, don't wait for your next appointment.

000

Call Triple Zero

For police, ambulance or fire in an emergency.

ED

Go to your nearest hospital emergency department

Emergency departments are open 24 hours.

24/7

Call your nearest public hospital's Psychiatric Triage Service

Your local mental health triage line can assess you and arrange support.

My local numbers

Psychiatric triage: _____

Nearest emergency department: _____

My GP: _____

If you're struggling, your GP can help

Many GPs have training in mental health. Your GP can help with a mental health crisis, concerns about medication, and referrals to other services. When things are hard, book an extended appointment early so you have enough time to talk.

Your psychologist

If you are a client of myMHC, you can contact Julie-Anne on **0435 025 393** or at **Julie-Anne@mymhc.com.au**. Messages aren't monitored around the clock, so in a crisis please use the services on this page. You can book appointments through the **online booking system**.

Crisis and support lines

24-hour crisis and support

Service	Phone	Hours
Lifeline Australia Crisis support and suicide prevention for anyone. You can also text 0477 13 11 14 or chat online. lifeline.org.au	13 11 14	24/7
Suicide Call Back Service Counselling for anyone affected by suicide: people having suicidal thoughts, carers and those bereaved. suicidecallbackservice.org.au	1300 659 467	24/7
Beyond Blue Support for anxiety, depression and general mental health. beyondblue.org.au	1300 22 4636	24/7
MensLine Australia Counselling for men, including relationship and family concerns. mensline.org.au	1300 78 99 78	24/7
13YARN Crisis support for Aboriginal and Torres Strait Islander people, from Aboriginal and Torres Strait Islander crisis supporters. 13yam.org.au	13 92 76	24/7
Healthdirect Health advice from a registered nurse. healthdirect.gov.au	1800 022 222	24/7

Family violence

If you are in danger right now, call 000.

Service	Phone	Hours
1800RESPECT National domestic, family and sexual violence counselling service. 1800respect.org.au	1800 737 732	24/7
Safe Steps Victoria's family violence response centre. safesteps.org.au	1800 015 188	24/7
Brother to Brother Support for Aboriginal men, including family violence, relationships, and alcohol and drugs. dardimunwurro.com.au	1800 435 799	24/7
WIRE Women's Information and Referral Exchange: information and referral for women, trans and gender-diverse people in Victoria. wire.org.au	1300 134 130	See website

PHONE SUPPORT

Young people, parents, grief and carers

Service	Phone	Hours
headspace Mental health support for young people aged 12 to 25, and their families. headspace.org.au	1800 650 890	9am to 1am, 7 days
Kids Helpline Counselling for young people aged 5 to 25. kidshelpline.com.au	1800 55 1800	24/7
Parentline (Victoria) Support for parents and carers of children. services.dffh.vic.gov.au/parentline	13 22 89	8am to midnight, 7 days
Griefline Support for grief and loss. griefline.org.au	1300 845 745	8am to 8pm, 7 days
Carer Gateway Support for unpaid carers. Information on carers' rights is also available from Carers Australia (carersaustralia.com.au). carergateway.gov.au	1800 422 737	8am to 5pm, Mon to Fri

LGBTIQA+

Service	Phone	Hours
QLife Anonymous LGBTIQA+ peer support and referral. qlife.org.au	1800 184 527	3pm to 9pm, 7 days
Rainbow Door Victorian LGBTIQA+ specialist helpline and referral. rainbowdoor.org.au	Website	
Switchboard Victoria LGBTIQA+ peer-led support services. switchboard.org.au	Website	
Queerspace LGBTIQA+ counselling and community support. queerspace.org.au	Website	

Alcohol and other drugs

Service	Phone	Hours
National Alcohol and Other Drug Hotline Confidential advice, connecting you to services in your state. See also the Australian Government's Drug Help page. health.gov.au/our-work/drug-help	1800 250 015	24/7
Alcoholics Anonymous Peer support meetings for people who want to stop drinking. aa.org.au	Website	
Narcotics Anonymous Peer support meetings for recovery from drug use. na.org.au	Website	

SPECIALIST SUPPORT

Trauma, veterans and emergency service workers

Service	Phone	Hours
Open Arms Counselling for veterans and their families. openarms.gov.au	1800 011 046	24/7
Blue Knot Helpline Support for adult survivors of complex trauma, including childhood abuse, and their supporters. blueknot.org.au	1300 657 380	9am to 5pm AEST/AEDT, 7 days
Phoenix Australia: Responder Assist For current and former Victorian emergency service workers and volunteers. phoenixaustralia.org/responder-assist	1800 329 191	9am to 5pm, Mon to Fri
Fortem Australia Wellbeing support for first responders and their families. fortemaustralia.org.au	1300 33 95 94	Business hours
Emergency Services Foundation Wellbeing support for Victorian emergency service workers. esf.com.au	Website	

Information and finding services

Service	Phone	Hours
Ask Izzy Find free and low-cost help nearby: food, housing, health, legal and more. askizzy.org.au	Website	
Disability Gateway Information and services for people with disability. disabilitygateway.gov.au	Website	
Black Dog Institute Information and tools for mood disorders and wellbeing. blackdoginstitute.org.au	Website	
SANE Australia Factsheets and guides on a wide range of mental health topics. sane.org	Website	
Australian Psychological Society Plain-language information on psychological topics. psychology.org.au	Website	

Online programs

These free or low-cost programs can help you build skills at your own pace. They work well alongside therapy. Talk to your psychologist about which might suit you.

myCompass

Self-help program for mild to moderate stress, anxiety and depression.

mycompass.org.au

This Way Up

Online CBT courses for anxiety, depression and more.

thiswayup.org.au

MindSpot

Free assessment and online courses for adults with anxiety, stress or depression. Phone 1800 61 44 34.

mindspot.org.au

e-couch

Self-help modules for depression, anxiety, and grief and loss.

ecouch.com.au

MoodGym

Interactive program based on CBT for preventing and coping with depression and anxiety.

moodgym.com.au

The BRAVE Program

Online program for anxiety in children and teenagers.

brave4you.psy.uq.edu.au

Mental Health Online

Free online programs and assessments for common mental health concerns.

mentalhealthonline.org.au

Find a psychologist

Book with Julie-Anne

Telehealth appointments with Julie-Anne Peake, Clinical Psychologist, through myMHC's online booking system.

halaxy.com

APS: Find a Psychologist

Search the Australian Psychological Society's directory by location and area of practice.

psychology.org.au

AAPi: Find a Psychologist

Search the Australian Association of Psychologists' directory.

aapi.org.au

Phone numbers and hours checked October 2026. Services can change, so check the service's website if a number doesn't work.



YOUR PSYCHOLOGIST

Ms. Julie-Anne L. Peake

Clinical Psychologist

BA(Psych/Phys), BAppSc(Hons), MPsych(Clin), DipPS(EM), MAPS, FCCLin

myMHC

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POSTAL	PO Box 444, Tooradin VIC 3980
LINKEDIN	linkedin.com/in/jpeakeclinpsych
FACEBOOK	facebook.com/share/1LNFzhnv5v

ABN 87 804 953 581 · Provider No. 260262FK

If you are in crisis: call 000 in an emergency, or Lifeline on 13 11 14 (24 hours).

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