



Ascot Vale Primary School

No: 2608

The Victorian Department of Education, Western Melbourne Area Health and Wellbeing Team have provided the following links and emergency numbers that can assist students and families that may require additional support outside of school hours, over the weekend and during school holidays:

Police Assistance Line

Phone: 13 14 44

For all non-urgent enquires and assistance
000 Emergency Assistance

Emergency Police, Fire, Ambulance

Phone: 000

Kids Helpline

Phone: 1800551800

<https://kidshelpline.com.au/>

Free 24 hour/7 days a week advice and support for children and young people 5-25 years old

Parent Helpline

Phone: 1300 301 300

<https://parentline.com.au/>

Free 24 hour/7 days a week advice and support for parents, guardians and carers

Lifeline

Phone: 13 4357

<https://www.lifeline.org.au/>

Free 24 hour/7 days a week crisis support and suicide prevention

Beyond Blue

<https://www.beyondblue.org.au/>

Phone: 1300 22 4636

Free mental health support and assistance for depression and anxiety

Further services and information to support children and young people can be found at:

Headspace

<https://headspace.org.au/>

Reach Out

<https://au.reachout.com/>