

**For further information or assistance:**

**Police - Fire - Ambulance  
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**Poisons Information Centre**  
Ph: 13 11 26  
[www.austin.org.au/poisons](http://www.austin.org.au/poisons)

**Nurse On Call**  
Ph: 1300 60 60 24  
[www.health.vic.gov.au/nurseoncall/](http://www.health.vic.gov.au/nurseoncall/)

**Alcohol and Drug Counselling**  
Ph: 1800 888 236  
[www.counsellingonline.org.au](http://www.counsellingonline.org.au)

**Kids Helpline**  
Ph: 1800 55 1800  
[www.kidshelp.com.au](http://www.kidshelp.com.au)

**Australian Alcohol Guidelines**  
[www.alcohol.gov.au](http://www.alcohol.gov.au)

**Suicide Helpline**  
Ph: 1300 651 251  
[www.suiceline.org.au](http://www.suiceline.org.au)

**Alcoholics Anonymous**  
Ph: 9429 1833  
[www.aa.org.au](http://www.aa.org.au)

**Centre Against Sexual Assault  
(CASA)**  
Ph: 1800 806 292  
[www.casa.org.au](http://www.casa.org.au)

**Partysafe**  
[www.police.vic.gov.au](http://www.police.vic.gov.au)

**Quit Smoking**  
Ph: 131 848  
[www.quit.org.au](http://www.quit.org.au)

**Youth Substance Abuse  
Service**  
Ph: 1800 014 446  
[www.ysas.org.au/](http://www.ysas.org.au/)

**Lifeline**  
Ph: 13 11 14  
[www.lifeline.org.au](http://www.lifeline.org.au)