

# External Resources for Women Graduate Students

## Mental Health



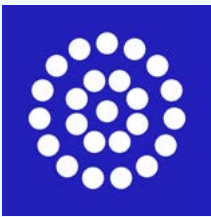
### [Beyond Blue](#)

Mental health support, programs, research, advocacy and communication activities for mental health.



### [headspace](#)

Mental health support for young people.



### [Lifeline](#)

24-hour crisis support and suicide prevention services.



### [Suicide Call Back Service](#)

Emergency online mental health support and suicide prevention.



### [SANE](#)

Information, peer support and counselling services for people with complex mental health issues.



### [WIRE](#)

Free support, referrals and information for all Victorian women, nonbinary and gender diverse people. You can call them on 1300 134 130.



### [Lipember](#)

A campaign dedicated to raising funds and awareness for women's mental health. Pop a little lippy on in September and raise money to support mental health initiatives for women.

## Physical, sexual and reproductive health



### [Cancer Council Australia](#)

Breast cancer screening information.



### [Family Planning Victoria](#)

Reproductive and sexual health services. Tel. 1800 013 952 or (03) 9257 0100.



### [Ovarian Cancer Australia](#)

An independent national not-for-profit organisation, supporting women diagnosed with ovarian cancer. Call 1300 660 334.



### [Prahran Market Clinic](#)

Clinic with a focus on sexual health.



### **McGrath Foundation**

Information and services about breast health. It is important for men and women to be aware of their breast health, have confidence in recognising changes, knowing the risk factors for breast cancer, and learning how to complete your own regular breast check.



### **Multicultural Centre for Women's Health**

A community-based, not-for-profit organisation led by and for women from migrant and refugee backgrounds to increase their opportunities for health and wellbeing in Australia through education, advocacy and leadership.



### **Royal Women's Hospital**

A women's hospital based in Melbourne with a wide range of women's health information and services.



### **Women's Health Week**

A nation-wide campaign of events and online activities centered on improving women's health and empowering women to make healthier choices.



### **Melbourne Sexual Health Centre (MSHC)**

Testing and treatment for sexually transmissible infections.

## **Family support services**



### **Better Place Australia**

Empowers people to achieve their goals and become more independent via dispute resolution and mediation; mental health services and ways to cope with mental stress; financial counselling; personal development education and awareness programs. Call 1800 639 523.



### **PANDA**

National support for individuals and families to recover from perinatal anxiety and depression. Call 1300 726 306.



### **Parentline**

A phone service for parents and carers of children from birth to 18-years-old. They offer confidential and anonymous counselling and support on parenting issues, including parenting and relationships with your child, ways to cope and be a positive parent and family wellbeing and resilience. Call 13 22 89 (8:00am to midnight, Monday – Sunday).



### **Family Relationship Advice Line**

A national telephone service established to assist families affected by relationship or separation issues, including information on parenting arrangements after separation. It can also refer callers to local services that provide assistance.



### **Family Relationships Online**

Australian Government initiative to provide information for all families – whether together or separated – about family relationship issues. Find out about a range of services to assist families manage relationship issues, including helping families agree on arrangements for children after parents separate.



### **Council of Single Mothers & their Children**

Provides essential support and assistance to single mother families when they need it the most. During the coronavirus pandemic, their need is greater than ever. Call 03 9654 0327.



### **Separated parents**

A government agency providing information about payments and services for separated parents, and providing financial support to children. Call 13 12 72.



### **Relationships Australia**

A leading provider of relationship support services for individuals, families and communities. We aim to support all people in Australia to achieve positive and respectful relationships. Call 1300 364 277



### **Relationships Victoria**

A valued provider of specialist family and relationship services in Victoria. Find a centre near you.

## **Family violence support**



### **1800 RESPECT**

This is a 24-hour national counselling hotline for any Australian who has experienced, or is at risk of, sexual assault, family and/or domestic violence. Call +61 1800 737 732.



### **MensLine Australia**

National telephone and online counselling service for men with emotional health and relationship concerns. Call +61 1300 789 978.



### **Victorian Foundation for Survivors of Torture and Trauma**

This foundation provides services to people from refugee backgrounds who have experienced torture or trauma in their country of origin. They provide support in different settings such as schools, primary health care and mainstream mental health.



### **Relationships Australia**

National support for relationships for abusive and abused partner. Call +61 1300 264 277.



### **Safe Steps**

Supporting women and children in Victoria to live free from family violence. Call +61 1800 015 188.



### **Djirra**

Supporting the safety and well-being of Aboriginal women experiencing family violence. Call +61 1800 105 303.



### **InTouch**

Multicultural Centre Against Family Violence: +61 1800 755 988. Multilingual, cultural support and advocacy to women and children from non-english speaking backgrounds experiencing domestic violence or leaving situations of domestic violence. They provide legal advice, outreach in courts and other community settings, build capacity to service providers, and prevention work. Call: 1800 050 321



### **Sexual Assault Crisis Line Victoria**

A proactive leader in supporting, advocating and providing a crisis response for people who have experienced sexual violence. Committed to working towards the prevention of violence in all its forms. Call +61 1800 806 292



### **No to Violence**

Working with men to end family violence in Victoria and New South Wales. Call +61 1300 766 491.

## **Legal services**



### **Federation of Community Legal Centres Victoria**

Find your local Community Legal Centre in Victoria using this resource. They are independent community organisations that provide free legal services to the public. The main areas of work are: legal advice and casework; community legal education; and systemic advocacy. Call +61 1800 737 732.



### **Victoria Legal Aid**

This organisation provides a wide range of legal services in areas of criminal law, family law and some civil law matters. The cost is dependent on the client's income. They also have a multilingual telephone information service. Call them at 9269 0234.