Emergency & Support Contacts

A printable reference from *The 3am Book*

If you are in immediate danger, call 000.

Service	Contact	Use for
1800RESPECT	1800 737 732	24/7 — safety planning, crisis accommodation, family violence services
Lifeline	13 11 14	24/7 crisis support
National Debt Helpline	1800 007 007	9:30am–4:30pm Mon–Fri · live chat 9am–8pm at ndh.org.au
Family Relationships Advice Line	1800 050 321	8am–8pm Mon–Fri, 10am–4pm Sat
Legal Aid (your state)	Check state site	Generally from 9am
Centre for Women's Economic Safety	cwes.org.au	Documenting and recognising economic abuse
Federal Circuit & Family Court	fcfcoa.gov.au	Self-represented litigants' guide, forms, process info
Foodbank	foodbank.org.au	Local food relief
SecondBite Food Finder	secondbite.org	Local food relief
Good Shepherd – No Interest Loans	goodshep.org.au/services/nils	Up to $2,000 for essentials, $3,000 for bond/disaster recovery. Paid to the supplier, n

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