

Outer East Phone Chat

Are you stuck at home due to the **COVID-19** restrictions and getting a bit tired of your own company? Would you like to be able to have a chat with someone?



This service is open to anyone, and it is our way of making sure people stay connected.

Talk about your pet, the weather or anything else*

Link you to your local neighbourhood house

Identify local assistance if you are unable to leave your home

Schedule a regular phone/email/text chat

**This is not a crisis line. Please refer to the numbers over the page if you need emergency assistance.*

1800 984 825

**CALL TOLL FREE Monday to Friday 10am - 1pm
& Monday to Thursday 5pm - 9pm**

Or you can schedule a chat by emailing
chatline@chaosnetwork.org.au
or messaging 0468 517 406

The page features several light blue coronavirus icons scattered around the central text area. One is in the top left, one in the top right, and one in the middle right.

1800 675 398

Victorian Coronavirus Help Line

Lifeline Australia 13 11 14

Kids Helpline 1800 55 1800

MensLine Australia 1300 78 99 78

Suicide Call Back Service 1300 659 467

Beyond Blue 1300 22 4636

Open Arms 1800 011 046

Veterans & Families Counselling

1800 RESPECT 1800 737 732

Confidential information, counselling and support service open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.

Strengthening local communities

Community Houses Association of the Outer Eastern Suburbs

