IMMEDIATE RISK OF HARM TO YOURSELF OF OTHERS 000

IN CRISIS ?? HERE ARE SOME **SUPPORTS**

LIFELINE 13 11 14

DEFENCE MEMBER & FAMILY SUPPORT 1800 624 608

> **OPEN ARMS** 1800 011 046

HEADSPACE 1800 650 890 Young People 12-25

FAMILY / DOMESTIC **VIOLENCE** 1800 737 732

Other:

- Local Police Wodonga ph: 02 6049 2600, Albury ph 02 6023 9299
- Army Logisitic Training Centre ON CALL Duty Padre: 0406 603 308

Feeling lonely, needing a chat - connect with Bandi House

Monday - Friday 9-3 - see office staff of call us 02 6053 1008