

# Men's quick reference guide

Support, information and referral services for men who want to change their violent behaviour, or are experiencing family violence.

## Services Available

**Men's Referral Service (Mon–Fri 9am–9pm) 9428 2899 / 1800 065 973**

**Relationships Australia 9431 7777**

**Family Relationship Advice Line 1800 050 321**

**Victoria Legal Aid 9269 0120 / 1800 677 402**

**Court Support Network 9603 7433 or 1800 681 614**

**Telephone Interpreting Service (24 hours) 131 450**

**Victorian Aboriginal Legal Service 9419 3888 or 1800 064 865**

**Aboriginal Family Violence Prevention and Legal Service (Vic) 9244 3333 / 1800 105 303**

**Lifeline (24 hours) 13 11 14**

**Directline (24 hour drug counselling) 1800 888 236**

**Parentline 132 289**

**Centrelink Access Line 13 17 94**

**Child Protection 1300 369 536 or 131 278 (after hours)**

**Melbourne Youth Support 9614 3688 or 1800 800 531**

**Kids Help Line 1800 551 800**

## Nillumbik Services

**Behaviour Change Program  
Kildonan Uniting Care 9471 0108**

**Men and Relationships Service  
(CPS) 9450 0900**

**Community Legal Service  
Federation of Community  
Legal Centres 9652 1500**

**Magistrate's Court  
Heidelberg 8458 2000**

**Housing Help (North East Housing)  
9479 0700**

**Community Health  
Eltham 9431 1333  
Hurstbridge 9430 9100**

**Child FIRST (Family Services)  
9450 0955**

**Police Stations (24 hours)  
Eltham 9430 4500**

**For more info:** [www.mrs.org.au](http://www.mrs.org.au)  
[www.ntv.org.au](http://www.ntv.org.au)  
[www.familyviolence.vic.gov.au](http://www.familyviolence.vic.gov.au)  
[www.legalaid.vic.gov.au](http://www.legalaid.vic.gov.au)