

# 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](mailto:chatline@chaosnetwork.org.au)  
or messaging 0468 517 406

A light blue rounded rectangle contains the text '1800 675 398' and 'Victorian Coronavirus Help Line'. The rectangle is surrounded by several blue coronavirus icons of varying sizes.

**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

