

INFORMATION & RESOURCES

FOR MUSLIM COMMUNITIES

information and resources for Muslim communities to seek support during international crisis

IMMEDIATE DANGER

In the case of an emergency, to report a crime in progress, or request immediate police attendance, call Triple Zero (000).

For anyone who witnesses, or is subject to racism, discrimination or victimisation on the basis of religion, culture or nationality, please inform the police immediately.

For general inquiries, non-urgent police assistance, or to report a crime that has already occurred.

- Call the Police Assistance line on [131 444](tel:131444) (open 24 hours), or
- contact your [local police station](#).
- Contact [Crime Stoppers](tel:1800333000) 1800 333 000

REPORTING ISLAMOPHOBIA

Report to Islamophobia Register Australia which offers a secure and reliable service that allows people from across Australia to report any form of anti-Muslim abuse. The register accepts reports via the reporting tool or you can send an email to: report@islamophobia.com.au

Report to Victorian Equal Opportunity & Human Rights Commission if you have experienced racism, sexual harassment or discrimination of any kind (including Islamophobia), or if you have any human rights issues or concerns, Call 1300 292 153 or send email to: enquiries@veohrc.vic.gov.au

Report online to the Australian Cyber Security Centre if someone has bullied, harassed or stalked you online. Alternatively, report to eSafety Commission at: www.esafety.gov.au



MENTAL HEALTH SUPPORT

- If you're in crisis or feeling unsafe, please call 000 or [lifeline](#) on 13 11 14
- For Mental Health assessment, referrals & review, [contact your GP](#).
- To find helpful information & to connect with mental health support, Contact [Head to Health](#) on 1800 595 212
- To connect with mental health professionals, call [Centre for Muslim Wellbeing](#) on +6147266010
- For confidential and professional support, contact [Beyond Blue](#) 1300 22 46 36
- For a free confidential crisis support line for Muslims contact [Hayat Line](#) on 1300 993 398.
- For free telephone and online counselling service for young people aged 5 and 25, contact [Kids help line](#) on 1800 551 800.
- For a community-based peer support for young Muslims aged 18-25 years, contact [six degrees/book](#)

Helpful resources on supporting Muslim communities during international crisis:

For tips on getting started and finding a GP that can help with mental health issues: www.beyondblue.org.au

For resources on supporting children and young people during an international crisis visit: foundationhouse.org.au

[How to deal with distressing events](#) | [Australian Red Cross](#) (available in Arabic, Farsi, Turkish & Somali) www.redcross.org.au/emergencies/looking-after-yourself/

If you're experiencing Islamophobia/racism and need legal assistance, please contact Victorian legal Aid on 1300 792 387 (between Monday – Friday, 8am – 6pm). alternatively, email [Muslim Legal Network](mailto:referral@muslimlegallnetwork.com) on referral@muslimlegallnetwork.com

With any of the above services, if a translator is needed, call TIS on 131 450 and tell them your language. Tell them who you are calling and they will help you with the call.