

crisis & support services

Many of us will notice changes in ourselves or someone around us and get the feeling that something is just not right.

If you or a friend are going through a difficult time and are finding it hard to cope, there are number of services that may be able to help.

This fact sheet lists services you can contact to talk with someone who understands and where you can access information. The first group lists services that provide immediate support 24 hours a day seven days a week and the second lists services that provide non-immediate support in lower urgency circumstances.



crisis support services operating 24 hours/7 days a week

Beyond Blue Support Service: 1300 224 636

www.beyondblue.org.au

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

Kids Helpline: 1800 55 1800

www.kidshelpline.com.au

Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.

Lifeline: 13 11 14

www.lifeline.org.au

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

Mental Health Line: 1800 011 511

The Mental Health Line is a 24-hour telephone service operating seven days a week across NSW.

Suicide Call Back Service: 1300 659 467

www.suicidecallbackservice.org.au

Suicide Call Back Service is a nationwide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide.

MensLine Australia: 1300 78 99 78

www.mensline.org.au

MensLine Australia is a telephone and online counselling service for men with family and relationship concerns.

1800RESPECT: 1800 737 732

www.1800respect.org.au

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

non-immediate support services

Beyond Blue online forums: www.beyondblue.org.au/forums

Bullinah Aboriginal Health Service - Ballina NSW:
(02) 6681 5644 bullinahahs.org.au

headspace - National Youth Mental Health Foundation: www.headspace.org.au

Head to Health: www.headtohealth.gov.au

If you're trying to improve your own mental health, or support somebody else with mental health issues, Head to Health provides links to trusted Australian online and phone supports, resources and treatment options.

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non-immediate support services continued...

Kalwun Health Service - Aboriginal and Torres Strait Islander Community Controlled Health Centre Gold Coast QLD: (07) 5578 3434 www.kalwun.com.au

Life in Mind: www.lifeinmindaustralia.com.au
A national gateway connecting Australian suicide prevention services to each other and the community.

Mental health access line: 1300 642 255
A 24/7 confidential mental health telephone triage service that provides the first point of contact to public mental health services to Queenslanders.

Q Life: 1800 184 527 [www.qlife.org.au](http://www qlife.org.au)
Provides anonymous and free LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.

Reach Out: au.reachout.com

Online mental health organisation for young people and their parents.

SANE: 1800 18 7263 www.sane.org
Supporting the mental health of Australians affected by complex mental illness.

Transcultural Mental Health Centre: (02) 9912 3850
www.dhi.health.nsw.gov.au/transcultural-mental-health-centre

Works with people from culturally and linguistically diverse communities, health professionals and partner organisations across NSW to support good mental health.