

LIST OF POTENTIAL HELP & COLLATED SUPPORT SERVICES FOR OUR CLIENTS



IF YOU NEED EXTRA SUPPORT, REMEMBER THESE MAINSTREAM SERVICES ARE AVAILABLE:

- Lifeline: 13 11 14; text 0477 13 11 14; chat online here: <https://www.lifeline.org.au/crisis-chat/>
- Beyond Blue: 1300 22 4636; Webchat here: <https://www.beyondblue.org.au/get-support/talk-to-a-counsellor/chat>
- Suicide Call Back Service: 1300 659 467
- Kids Helpline: 1800 55 1800

OTHER SERVICES WHICH MAY BE AN OPTION FOR YOU:

MindSpot is a free telephone and online service for people with anxiety, stress, low mood or depression. It provides online assessment and treatment for anxiety and depression. MindSpot is not an emergency or instant response service. Call 1800 61 44 34.

Head to Health gives advice and will connect you to local mental health services. Call 1800 595 212.

<https://www.medicarementalhealth.gov.au/>

MensLine Australia is a professional telephone and online counselling service offering support to Australian men. Call 1300 78 99 78, 24 hours/7 or chat online.

IF YOU'RE FEELING LONELY:

FriendLine supports anyone who's feeling lonely, needs to reconnect or just wants a chat. You can call them 7 days a week on 1800 424 287, or chat online with one of their trained volunteers. All conversations with FriendLine are anonymous.

For young people who need mental health support, and their parents or carers:

Kids Helpline is Australia's only free 24/7 confidential and private counselling service specifically for children and young people aged 5 – 25. Call 1800 55 1800.

headspace provides free online and telephone support and counselling to young people 12 – 25 and their families and friends. Call 1800 650 890, or chat online.

FOR PEOPLE WITH COMPLEX MENTAL HEALTH ISSUES:

SANE Australia provides support to anyone in Australia affected by complex mental health issues, as well as their friends, family members and health professionals. Call 1800 187 263 or chat online.

Blue Knot Foundation Helpline is the National Centre of Excellence for Complex Trauma. It provides support, education and resources for the families and communities of adult survivors of childhood trauma and abuse. Call 1300 657 380.

FOR ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE:

13YARN provides 24/7 free and confidential crisis support. Call 13 92 76.

Thirilli provides support to Aboriginal and Torres Strait Islander peoples in the aftermath of suicide or other fatal critical incidents. Call 1800 805 801, 24 hours/7 days a week.

FOR LGBTIQ+ PEOPLE:

QLife provides nationwide telephone and web-based services for peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. Call 1800 184 527.

FOR PREGNANT PEOPLE AND NEW PARENTS:

PANDA (Perinatal Anxiety & Depression Australia) supports families across Australia affected by anxiety and depression during pregnancy and in the first year of parenthood. Call 1300 726 306.

ForWhen connects new and expecting parents or carers to perinatal and infant mental health services and supports in their local area. Call 1300 24 23 22.

Gidget Foundation provides mental health support for expectant and new parents. Call 1300 851 758.

FOR VETERANS AND THEIR LOVED ONES:

Open Arms provides 24/7 free and confidential counselling to anyone who has served at least one day in the ADF, their partners and families. Call 1800 011 046.

FOR PEOPLE NEEDING SUPPORT WITH EATING DISORDERS, AND BODY IMAGE RELATED ISSUES:

Butterfly National Helpline is available for anyone in Australia concerned about eating disorders or body image issues, either for themselves or someone they care about. Call 1800 33 4673.

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OTHER ONLINE MENTAL HEALTH PATHWAYS:

VOIX:
<https://voix.com.au/urgent-help/>

Mood Gym
<https://www.moodgym.com.au/>

This Way Up
<https://thiswayup.org.au>

eCouch
<https://www.ecouch.com.au/>

Find a Psychologist (APS)
<https://psychology.org.au/find-a-psychologist>

Find a Clinical Psychologist (ACPA)
<https://www.acpa.org.au/find-a-clinical-psychologist>

Other resources you may find helpful to explore:
<https://www.livedexperienceeducator.com/resources>

A Guide to Digital Mental Health Resources:
https://cdn.prod.website-files.com/66b5235fdf3bffd71a0cdb11/673c7a9450c21ed5532526ed_e-health-resource-guide-mar2019-Beyond-Blue.pdf

Crisis Care [Dept of Communities]
Free call 1800 199 008
<https://www.wa.gov.au/service/community-services/community-support/crisis-care>

And, of course, in the case of an emergency, please dial **000** immediately