

RESOURCES

If you would like to visit the websites, please hover over the hyperlink, and select – **control and click on the link.**

MENTAL HEALTH

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.

Website: www.friendline.org.au **1800 424 287**

Beyond Blue – Support for Depression and Anxiety: 1300 22 4636

www.beyondblue.org.au

[Talk or chat online to a counsellor - Beyond Blue](#)

FREE telephone and online counselling service is open 24/7 for everyone in Australia.

No matter who you are, or how you're feeling, reach out to our free counselling services for support – we'll point you in the right direction so you can get the help you need.

Mind Australia: www.mindaustralia.org.au

Mind Australia provides FREE mental health support services delivered via telephone or a telehealth platform all over Australia. Supports are provided by specialised allied health practitioners, counsellors, mental health coaches and peer educators.

Mind provides practical and motivational support to people 16 - 64 years of age who have a range of mental health and well-being concerns.

SANE Australia 1800 187 263

Advice, information, and forums for people living with mental illness, family and friends. www.sane.org

They specialise in *complex* mental health issues and offer a range of psychological supports for Free. I have recently become aware they also help people living with *autism* and *intellectual* disabilities! They are currently rolling out a new 'Guided service' which looks fantastic. Link below: <https://www.sane.org/referral>

The Australian Psychological Society (APS):

<https://www.psychology.org.au/FindAPsychologist/>

Mindspot:

Free, online, personalised mental health care with MindSpot

They provide assessment and treatment for adults experiencing stress, anxiety, depression, OCD, PTSD, and chronic pain. All their services are free, confidential, and online, and provide access to qualified therapists.

[MindSpot Clinic - Free Online Mental Health Support](#)

Call to mind:

Call to Mind provides simple, supportive and tailored telepsychiatry appointments to people living across Australia. Medicare bulk billed, giving you **20 free appointments** every year with **no out-of-pocket costs**.

<https://calltomind.com.au/>

Talked: Connect with qualified therapists and psychologists from anywhere in Australia

www.talked.com.au

BeyondNow app A safety plan in your pocket - access and edit it at any time, email a copy to trusted friends, family or health professional Designed to be used as part of overall mental wellbeing and safety strategy. Not intended as sole form of support. Ideally work with a health professional or support person to create plan.

<https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning>

Addictions

National AA helpline [Alcoholics Anonymous] 1300 22 22 22 <https://aa.org.au/>

Counselling Online

www.counsellingonline.org.au

Phone: 1800 888 236

Email: info@turningpoint.org.au

Narcotics Anonymous: 1300 652 820

Children/Youth:

KidsHelpline 1800 55 1800

[Kids Helpline | Phone Counselling Service | 1800 55 1800](#)

KidsHelpline.com.au

- Qualified counsellors at Kids Helpline are available via WebChat, phone or email anytime and for any reason.

Head Space: 1800 650 890

Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds. Headspace centres act as a one-stop-shop for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or work and study support. They also provide range of ways to support young people online or by phone. They are available 9am to 1pm, 7 days a week for 1-on-1 chat with a trained clinician. It's a confidential, free and a safe space to talk.

ReachOut

ReachOut is the most accessed online mental health service for young people aged 13-25 years, and their parents in Australia. **ReachOut.com** content help young people to recognise signs and symptoms of mental health issues, understand mental health concepts, and get guidance on how to seek help or build skills for coping and resilience. The content helps young people to recognise information they need to help themselves and their friends.

Calm Harm

<https://calmharm.co.uk/>

The Calm Harm app is a potentially useful resource people can use in times of distress or crisis. It is easy to use and has a lot of suggestions for things you can do to reduce your distress without resorting to destructive coping mechanisms.

Beyond Blue Forums: [Home](#) - [Beyond Blue Forums](#)

The Beyond Blue online forums is a platform that allow you to talk to people who know exactly what you're going through. You can chat to people online to get support from people who have been there before, and perhaps support others who are just starting to understand their own mental health journey. That's what peer support is all about!

The Brave Program: <https://brave4you.psy.uq.edu.au>

The BRAVE Program - interactive, online program for prevention and treatment of childhood and adolescent anxiety. Programs are free, also parents' programmes.

Eating Disorders:

Butterfly Foundation: 1800 334 673

The Butterfly Foundation provides support for eating disorders and body image issues. They have a support line and provide online chat and email. More information can be found at <https://butterfly.org.au/>

Finances:

Financial Counselling Australia (FCA) is the peak body for financial counsellors in Australia. 03 8554 6979

National Debt Helpline - www.ndh.org.au 1800 007 007 - free independent financial counsellor

<https://ndh.org.au/financial-counselling/find-a-financial-counsellor>

Small Business Owner Mental Health

NewAccess Developed by Beyond Blue: NewAccess for small business owners (NASBO) is a free and confidential mental health coaching program, developed by Beyond Blue to give small business owners the support they need. Over six sessions, coaches with a small business background will work with the small business owners to overcome difficult issues, providing them with practical skills to manage stress and get them back to feeling like themselves. No doctor's referral is needed. Available via phone or video call 8am-8pm AEST.

[NewAccess for Small Business Owners | Beyond Blue](#)

Gambling:

NATIONAL NUMBER: 1800 858 858

<https://www.gamblinghelponline.org.au/>

Grief:

Grief Line: 1300 845 745

Griefline supports anyone experiencing grief, facing any type of loss, providing access to free telephone and online support services and resources.

Another service is Griefline. They are available on 1300 845 745 from 6am to midnight (AEST daily). More information can be found at <http://griefline.org.au/>

Health:

Health Direct: 1800 022 222

To speak to a registered nurse and speak about your medication, call health direct on **1800 022 222**

Quit Line: 137 848

Nurse On Call VIC: 1300 60 60 24

Disability Support and Neglect Helpline: 1800 880 052

National Disability Insurance Scheme (NDIS): Phone: 1800 800 110
www.ndis.gov.au

Relationships – Breakups

<https://relationships.org.au>

[Relationships Australia | Achieving positive and respectful relationships](#)

[Parents Beyond Breakup Ltd - Life in Mind Australia](#)

Parents Beyond Breakup is a national suicide prevention charity focused solely on supporting non-custodial parents in distress through relationship breakdown and separation from their children. Frontline services include a National Suicide Helpline and Peer Support Groups - Dads in Distress, Mums in Distress and Grandparents in distress.

[Dads in Distress - 1300 853 437 \(parentsbeyondbreakup.com\)](#)

[Mums - 1300 853 437 \(parentsbeyondbreakup.com\)](#)

Anxiety & Social Anxiety Strategies

- Head to Health website — [e-couch Social Anxiety Program](#)
- Beyond Blue — [Anxiety management strategies](#)

- Centre for Clinical Interventions — Workbook — [Stepping out of social anxiety](#)
- [MindSpot](#)
- [MoodGym](#)
- [MyCompass](#) (Black Dog Institute)
- [ReachOut](#)

Men:

Mens Line: 1300 789 978


Sexual Assault/Abuse

Blue Knot Foundation: 1300 657 380

<https://blueknot.org.au/> Empowering recovery from complex trauma

1800Respect: 24 hrs for individuals affected by domestic, family, sexual violence - 1800 737 732 + chat. The counsellors at 1800 Respect are all trauma informed and are available 24/7. They specialise in assault and if you like, they also have a specialist counsellor that you can speak with for 1 hour on the phone, and of course you can ring as many times as you like. They also have chat available.

[Safe and Equal | Standing strong against family violence](#)



Safe and Equal | Standing strong against family violence
Safe and Equal is the peak body for specialist family violence services that provide support to victim survivors in Victoria.

safeandequal.org.au

Suicide support:

Suicide Call Back: 1300 659 467

Suicide Call Back Service provides free support to people who have lost a loved one to suicide. They are available on 1300 659 467 24 hours a day. More information can be found at their website at <https://www.suicidecallbackservice.org.au/> You may want to have a look at the section on their website for people who have lost someone to suicide at <https://www.suicidecallbackservice.org.au/ive-lost-someone-to-suicide/common-experiences-with-suicide-bereavement/>

For anyone who needs support after a suicide attempt - Way Back support service could be an option! Depending on where the client lives. Support for 3 months after discharge from hospital
<https://www.beyondblue.org.au/the-facts/suicide-prevention/after-a-suicide-attempt/the-way-back-support-service>

Beyond Blue has developed resources for people who have attempted suicide and their close family and friends.

[Support after a suicide attempt - Beyond Blue](#)

Lifeline: 13 11 14

Parenting/PND

Perinatal Anxiety and Depression Australia (PANDA)

National Helpline - ongoing telephone counselling, information and referrals for expecting and new parents of babies **under 12 months old**, experiencing mental health challenges.
9am - 7:30pm Monday to Friday AEST

[Raising Children Network](#)

[PANDA | Support that's always there, for you and your family](#)

[COPE: Centre of Perinatal Excellence](#)

[Pregnancy, Birth and Baby | Pregnancy Birth and Baby \(pregnancybirthbaby.org.au\)](#)

SANDS: 1300 072 637 <http://www.sands.org.au/>

Support, information, and education to bereaved parents and families following a pregnancy loss or a newborn death.

If they are young 12 - 25 <https://au.reachout.com/>