

SERVICES AVAILABLE FOR EVERYONE

If you need immediate assistance, call Lifeline on 13 11 14.

Lifeline provides telephone (24/7) and online (7 pm to midnight AEST) counselling for anyone experiencing depression and anxiety, domestic and family violence, family and relationship problems, financial problems, loneliness and isolation, grief or loss, panic attacks, problem gambling, recovering from a natural disaster, self-harm, stress, substance abuse and addiction, and suicide bereavement. Call 13 11 14 or visit www.lifeline.org.au

The **Suicide Call Back Service** provides telephone (24/7) and online (24/7) counselling for people 15 years and over who are suicidal, caring for someone who is suicidal, or bereaved by suicide, and health professionals supporting people affected by suicide. Call 1300 659 467 or visit www.suicidecallbackservice.org.au

Beyondblue provides telephone (24/7) and online (3 pm to midnight AEST) counselling for those experiencing depression, anxiety, grief or loss, self-harm and self-injury, and mental health conditions associated with pregnancy and early parenthood. Call 1300 224 636 or visit www.beyondblue.org.au

SANE Australia provides information about mental illness, treatments, and where to go for help. The website also hosts a support forum for those with lived experience of mental illness, and their carers. Call 1800 187 263 or visit www.sane.org for online helpline chat (weekdays 10 am to 10 pm AEST).

healthdirect provides telephone (24/7) health advice by registered nurses, an after hours GP helpline, and a 'Find a health service' tool on its website. Call 1800 022 222 or visit www.healthdirect.gov.au

The **Head to Health** website hosts mental health resources and content from the leading health-focused organisations in Australia, including online programs, fact sheets, audio and video, and online communities. Visit www.headtohealth.gov.au

Mental Health First Aid Australia's online training teaches people how to identify and help others with mental health problems. Visit www.mhfa.com.au

SERVICES AVAILABLE FOR SPECIFIC GROUPS

ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES

Aboriginal Community Controlled Health Services (ACCHS), formerly known as Aboriginal Medical Services, provide culturally appropriate health services to Aboriginal and Torres Strait Islander peoples. Visit www.healthinonet.ecu.edu.au/key-resources/health-professionals/health-workers/map-of-aboriginal-and-islander-healthmedical-services to locate your nearest ACCHS.

AUSTRALIAN DEFENCE FORCE

Mates4Mates supports current and ex-serving Australian Defence Force members (and their families) who are wounded, injured or ill as a result of their service. They can provide individual and group therapy services, delivered by qualified professionals. For more information visit www.mates4mates.org

The Australian Government Department of Defence **All-hours Support Line** is a confidential telephone service (24/7) for Australian Defence Force members and their families. Qualified mental health professionals provide advice on available specialist services including psychology, medical, social work, and chaplain services. Call 1800 628 036 for support.

CARERS

Carers Australia's national programs provide specialist services across Australia for carers. These services include counselling, advice, information and registration. Call 1800 242 636 or visit www.carersaustralia.com.au/how-we-work/national-programs

CULTURALLY AND LINGUISTICALLY DIVERSE COMMUNITIES

The **Embrace Multicultural Mental Health** project provides a national focus on mental health and suicide prevention for people from culturally and linguistically diverse (CALD) backgrounds. Visit www.embracementalhealth.org.au

FARMERS

The **Rural Financial Counselling Service** provides free counselling to primary producers, fishers and small rural businesses. Some also provide referral to mental health services. Call 1800 686 175 or visit www.agriculture.gov.au/ag-farm-food/drought/assistance/rural-financial-counsellingservice for further information.

KIDS, ADOLESCENTS AND YOUNG ADULTS

headspace provides in-person and telehealth counselling and advice for people 12 to 25 years old on health, education, employment and other services, and alcohol and other drug services. Many of its 110+ centres are located in rural and remote areas. Call 03 9027 0100 or visit www.headspace.org.au to find a centre near you.

eheadspace provides telephone, online and email counselling (daily 9 am to 1 am AEST) for people 12 to 25 years old, by qualified youth mental health professionals on a broad range of issues such as bullying, drug and alcohol issues, depression and anxiety, relationships, concerns about friends, fitting in and isolation, or anything at all. Call 1800 650 890 or visit www.eheadspace.org.au

Kids Helpline provides telephone (24/7) and online (24/7) counselling for young people aged 5 to 25. You can talk about friends, boyfriends or girlfriends, problems with parents or siblings, school (bullying, homework, teachers), sex, or anything at all. Call 1800 551 800 or visit www.kidshelpline.com.au

ReachOut.com provides practical tools, forums and information for young people and their parents on a range of mental health topics. Visit au.reachout.com

Be You promotes mental health and wellbeing, from the early years to 18, and offers educators and learning communities online training, complemented by a range of tools and resources. Visit beyou.edu.au

MEN

MensLine Australia provides telephone (24/7) and online (24/7) counselling and referral specifically for men. Support is also available for health professionals supporting men at risk of suicide, working with men who use violence or abuse in their relationships, and working with men experiencing abuse in their relationship. Call 1300 789 978 or visit www.mensline.org.au

Men's Sheds are friendly environments that cater for men of all interests, ages and cultures, and serve as important meeting places for men to socialise, share life experiences and skills, make things, fix things, and support each other and their communities. There are more than 1,000 Men's Sheds across Australia—many in rural and remote areas. To find one, call 1300 550 009 or visit www.mensshed.org

PEOPLE CONCERNED ABOUT THEIR DRINKING AND/OR DRUG USE

Counselling Online provides telephone (24/7) and online (24/7) counselling for people using alcohol and other drugs, their family members and friends. Visit www.counsellingonline.org.au

PEOPLE EXPERIENCING DOMESTIC AND FAMILY VIOLENCE, AND SEXUAL ASSAULT

The **1800RESPECT** national sexual assault, domestic and family violence counselling service provides telephone (24/7) and online (24/7) counselling, information and resources for: people experiencing, or at risk of experiencing, sexual assault, domestic or family violence; their friends and family; and workers and professionals providing support. Call 1800 737 732 or visit www.1800respect.org.au

PEOPLE OF DIVERSE SEX, GENDERS AND SEXUALITIES

Qlife provides telephone and online counselling (daily 3 pm to midnight) for lesbian, gay, bisexual, transgender and intersex (LGBTI) people of all ages. You can talk about mental health, relationships, isolation, coming out, and a host of other concerns. Call 1800 184 527 or visit www qlife.org.au

RURAL AND REMOTE HEALTH SERVICE PROVIDERS

CRANApplus' Bush Support Services provide telephone counselling (24/7) for rural and remote health service providers and their families. It is staffed by registered psychologists who have experience working in rural and remote areas. Call 1800 805 391 or visit www.crana.org.au/workforce-support/bush-support-services

VETERANS

Open Arms veterans and families counselling provides referral (24/7) to specialist support services for current and ex-serving Australian Defence Force personnel and their families. Access free and confidential counselling, group treatment programs, suicide prevention training, and a community and peer network to support mental health and wellbeing. Call 1800 011 046 or visit www.openarms.gov.au

WOMEN

Country Women's Association of Australia is the largest women's organisation in Australia with a membership of over 17,000 around the country. They provide community service, support networks, welfare in times of need, education opportunities, friendship, fun and more. Visit www.cwaa.org.au