

National Referral Numbers

Emergency assistance

If you need emergency assistance, please phone **000** for police, ambulance or fire services

Crisis support lines

If you need immediate help in regard to a crisis in your health or living circumstances, the following helplines provide telephone crisis support and counselling 24 hours a day, 7 days a week and online assistance (limited hours, depending on the service):

Lifeline

13 11 14 - www.lifeline.org.au - A crisis support and suicide prevention service for all Australians.

Kids Help Line

1800 55 1800 - www.kidshelpline.com.au - A counselling service specifically for young people aged between 5 and 25.

Suicide Call Back Service

1300 659 467 - www.suicidecallbackservice.org.au - A free service for people who are suicidal, caring for someone who is suicidal, bereaved by suicide or are health professionals supporting people affected by suicide.

State crisis Numbers (Mental Health)

NSW	1800 011 511	Mental Health Line
VIC	1300 651 251	Suicide Help Line
QLD	13 43 25 84	13 HEALTH
TAS	1800 332 388	Mental Health Services Helpline
SA	13 14 65	Mental Health Assessment and Crisis Intervention Service
WA	1800 676 822	Mental Health Emergency Response Line
NT	08 8999 4988	Top End Mental Health Service
ACT	1800 629 354	Mental Health Triage Service



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Counselling services

The following counselling services are available to support and assist people from various groups and communities who are facing mental health difficulties.

1800 RESPECT

1800 737 732 - www.1800respect.org.au - 1800 RESPECT is the national sexual assault, domestic and family violence counselling service for people living in Australia.

Carers Australia

1800 242 636 (9am - 5pm) - www.careraustralia.com.au - short-term counseling and emotional and psychological support services for carers and their families in each state and territory.

Child Abuse Prevention Service

1800 688 009 - www.childabuseprevention.com.au - offers information, referral and ongoing support to those affected by child abuse, concerned about the welfare of a child, or needing family or parenting support.

Counselling Online (alcohol and drug concerns)

www.counsellingonline.org.au - Counselling Online is a 24/7 online service where you can communicate with a professional counsellor about an alcohol or drug related concern, using text-interaction.

headspace

1800 650 890 - www.eheadspace.org.au - eheadspace is a confidential, free and secure space where young people 12 - 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional. Telephone and online support is available 9am - 1am. You can also visit www.headspace.org.au to find your closest headspace centre and other information.

Mensline

1300 78 9978 - www.mensline.org.au - MensLine Australia is the national telephone (24/7) and online (3pm - 8.30pm daily) support, information and referral service for men with family and relationship concerns.



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Veterans and Veterans Families Counselling Service (VVCS)

1800 011 046 (24/7) - www.dva.gov.au/health_and_wellbeing/health_programs/vvcs?Pages/index.aspx - The VVCS provides counselling and group programs to Australian veterans, peacekeepers and their families.

Relationships Australia

1300 364 277 - www.relationships.org.au - Relationships Australia provides relationship support services to enhance human and family relationships.

Information and referral services

beyondblue

1300 22 4636 - www.beyondblue.org.au - telephone (24/7) and online (4pm - 10pm) for depression, anxiety and related disorders, as well as online resources and information. You can also search for a mental health professional by postcode here.

MindHealthConnect

www.mindhealthconnect.org.au - MindHealthConnect brings together trusted mental health resources and content including, online programs, fact sheets, audio and video, and online support groups.

Mi Networks

1800 985 944 - www.minetworks.org.au - Mi Networks can help connect you to accurate information, support and assisted referral to the best local services available.

SANE Australia

1800 18 SANE (7263) - www.sane.org - Telephone mental illness advice and referrals, weekdays 9am-5pm, as well as online resources and information.

Multicultural/translation support

Translating Interpreting Services (TIS) National

131 450 - www.tisnational.gov.au - TIS National a free telephone and on-site interpreting service for people who don't speak English.

