








Useful Contacts

	<p>Suicide Call Back Service 24/7 Free telephone, online, video counselling for depression, anxiety, those thinking of suicide, bereaved by suicide and those who support them</p>	<p style="text-align: center;">1300 659 467 www.suicidecallbackservice.org.au</p>
	<p>Lifeline 24/7 telephone support to people experiencing emotional distress or in crisis</p>	<p style="text-align: center;">13 11 14 www.lifeline.org.au</p>
	<p>Health Direct 24 hour health advice, physical and mental. Directory of services, state by state.</p>	<p style="text-align: center;">1800 022 222 https://www.healthdirect.gov.au/rural-and-remote-health</p>
	<p>MensLine 24/7 help, support, referrals & counselling for men via phone, online and video</p>	<p style="text-align: center;">1300 789 978 www.mensline.org.au</p>
	<p>Beyond Blue Support Service 24/7 phone, online support. Chat forums, information.</p>	<p style="text-align: center;">1300 224 636 www.beyondblue.org.au</p>
	<p>Kids Helpline Free, confidential, 24/7 phone & online counselling for 5-25years</p>	<p style="text-align: center;">1800 551 800 www.kidshelpline.com.au</p>
	<p>Open Arms Veterans & Veterans Families Counselling</p>	<p style="text-align: center;">1800 011 046 9-5 Then diverts to Veterans Line. Will be answered 24/7 www.openarms.gov.au</p>
	<p>Mates for Mates Support for wounded, injured or ill, current and ex serving ADF personnel</p>	<p style="text-align: center;">1300 4 MATES (462 837) www.mates4mates.org</p>
	<p>ReachOut Internet information service for under 25yrs old</p>	<p style="text-align: center;">https://au.reachout.com/</p>
	<p>1800RESPECT National sexual assault, domestic family violence counselling service 24/7.</p>	<p style="text-align: center;">1800 RESPECT (737 732) www.1800respect.org.au</p>
	<p>Mindspot Online assessment and treatment courses (clinician assisted) for people with symptoms of stress, worry, anxiety, low mood and depression. Not a crisis service. Phone 8am-8pm Mon - Fri 8am-6pm Sat</p>	<p style="text-align: center;">1800 61 44 34 www.mindspot.org.au</p>

 <p>Royal Flying Doctor Service</p>	<p>Royal Flying Doctor Service Mental health and wellbeing services for remote and rural Australia</p>	<p>https://www.flyingdoctor.org.au/what-we-do/mental-health/</p>
 <p>blue knot foundation National Centre of Excellence for Complex Trauma</p>	<p>Blue Knot National counselling and referral service for survivors of childhood trauma 9am-6pm Mon-Fri 9-5 Sat/Sun/Public holidays</p>	<p>1300 657 380 www.blueknot.org.au</p>
 <p>Alcohol & Drug Counselling ONLINE</p>	<p>Counselling online Free Drug and Alcohol counselling 24/7. State phone numbers available on website</p>	<p>https://www.counsellingonline.org.au</p>
 <p>mentalhealthonline</p>	<p>Mental Health Online Self-assessment, self-help resources ,online courses and online professional support</p>	<p>https://www.mentalhealthonline.org.au</p>
 <p>THIS WAY UP ↑↑</p>	<p>This Way Up Online self-paced courses using Cognitive Behavioural Therapy (CBT) for a range of mental disorders. Cost \$59</p>	<p>https://www.thiswayup.org.au</p>
 <p>moodgym</p>	<p>moodgym An online self-help program designed to help users prevent and manage symptoms of depression and anxiety.</p>	<p>https://www.moodgym.com.au</p>
 <p>MYCOMPASS</p>	<p>myCompass Free online self-help program for people with mild to moderate depression, anxiety and people who want to build good mental health.</p>	<p>https://www.mycompass.org.au</p>
 <p>E-couch</p>	<p>E-couch A self help, interactive program with modules for depression, generalised anxiety and worry, social anxiety, relationship breakdown, and loss & grief.</p>	<p>https://ecouch.anu.edu.au/welcome</p>
 <p>Carer Gateway</p>	<p>Carer Gateway Phone counselling, support and information for carers Connection to Australia-wide network of Carer Gateway service providers.</p>	<p>1800 422 737 https://www.carergateway.gov.au</p>
 <p>The Brave Program.</p>	<p>The BRAVE Program Free interactive, online program for the prevention and treatment of childhood and adolescent anxiety (8-17yrs) and for parents.</p>	<p>https://brave4you.psy.uq.edu.au/</p>

Valid as at 31/07/2020