

EVERYONE

Lifeline provides telephone (24/7) and online (7pm - 4am 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, 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 (3pm - 12am 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 (9am-5pm AEST weekdays) or visit www.sane.org

Healthdirect Australia 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

mindhealthconnect 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.mindhealthconnect.org.au

Mental Health First Aid Training teaches people how to identify and help others with mental health problems. A number of organisations provide this training, including **Mental Health First Aid International** (www.mhfa.com.au), **Wesley Lifeforce** (www.wesleymission.org.au), and **The Salvation Army** (www.salvos.org.au)

KIDS, ADOLESCENTS AND YOUNG ADULTS

headspace provides in-person counselling and advice for people 12-25 years old on health, education, employment and other services, and alcohol and other drug services. Many of its 60 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 (9am-1pm AEST daily) and online (9am to 1am AEST) counselling by qualified youth mental health professionals for people 12-25 years old 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 (7 days a week) counselling for young people aged between 5 and 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 55 1800 or visit kidshelpline.com.au

ReachOut.com provides practical tools, forums and information for people under 25 years old on a range of mental health topics. Visit au.reachout.com

MindMatters provides resources to support Australian secondary schools in promoting and protecting the mental health of members of the school community. Visit www.mindmatters.edu.au

MEN

MensLine Australia provides telephone (24/7) and online 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 78 99 78 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 over 700 Men's Sheds across Australia - many in rural and remote areas. Visit www.mensshed.org or call 1300 550 009 to find a Shed near you.

The Shed Online is an online social community for men. It is a place where you can socialise, network, make friends, share skills, and feel confident to discuss anything. Visit www.theshedonline.org.au

WOMEN

[Country Women's Association of Australia](#) is the largest women's organisation in Australia with a membership of over 20,000 in over 1,200 branches 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

CARERS

[Carers Australia's National Carer Counselling Program](#) provides short-term counselling services (telephone, email and Skype) for carers. Their staff can help you find ways to cope with change, manage stress, balance work and caring, cope with loss and grief, deal with relationship change, and access services, supports and information. Call 1800 242 636 or visit www.carersaustralia.com.au/how-we-work/national-programs

VETERANS

The [At Ease website](#) provides mental health information for the veteran and defence communities: online tools to help maintain your mental health and wellbeing, resources for GPs and health professionals treating veterans with common mental health conditions, and advice on how to help those at risk of suicide. Visit at-ease.dva.gov.au

The [Veterans and Veterans Families Counselling Service](#) is a confidential, telephone counselling service (24/7) for veterans and their families for war and service-related mental health conditions, such as post-traumatic stress disorder (PTSD), anxiety, depression, sleep disturbance and anger. Call 1800 011 046 or visit www.vvcs.gov.au

FARMERS

[Rural Financial Counselling Service](#) provides free rural financial counselling to primary producers, fishers and small rural businesses. Some also provide referral to mental health services. Call 1800 686 175 or visit <http://www.agriculture.gov.au/ag-farm-food/drought/assistance/assistancerural-financial-counselling-service> for further information.

ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE

[Aboriginal Medical Services \(AMSs\)](#) provide culturally appropriate health services to Aboriginal and Torres Strait Islander people. Visit www.healthinfonet.ecu.edu.au to locate your nearest AMS.

PEOPLE OF DIVERSE SEX, GENDERS AND SEXUALITIES

[Qlife](#) provides telephone and online counselling for Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) people of all ages (every day from 3.00pm - midnight in all Australian time zones). 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](http://www qlife.org.au)

PEOPLE EXPERIENCING, OR AT RISK OF, HOMELESSNESS

[Homelessness Australia](#) provides an information and referral service for people at risk of, or experiencing, homelessness. They can put you in touch with support services near you (e.g. crisis/emergency accommodation; confidential counselling; meals, showers and clothing). Call 02 6247 7744 or visit www.homelessnessaustralia.org.au

PEOPLE CONCERNED ABOUT THEIR DRINKING AND/OR DRUG USE

[Counselling Online](#) provides a telephone (24/7) and online counselling for people using alcohol and other drugs, their family members and friends. Call 1800 888 236 or visit www.counsellingonline.org.au

PEOPLE EXPERIENCING DOMESTIC AND FAMILY VIOLENCE, AND SEXUAL ASSAULT

The [1800RESPECT National Sexual Assault, Domestic Family Violence Counselling Service](#) provides telephone (24/7) and online counselling (24/7), and information and resources about sexual assault and family or domestic violence. Call 1800RESPECT (1800 737 732) or visit www.1800respect.org.au