

EVERYONE

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

Lifeline provides telephone (24/7) and online (7pm - 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, 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, or visit www.sane.org for online helpline chat (10am-10pm AEST weekdays).

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

HeadtoHealth 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 headtohealth.gov.au

Mental Health First Aid Training teaches people how to identify and help others with mental health problems. Training is available through **Mental Health First Aid International** www.mhfa.com.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 and online (24/7) 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 almost 1,000 Men's Sheds across Australia - many in rural and remote areas. To find one, visit www.mensshed.org or call 1300 550 009.

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

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 <http://mates4mates.org/>

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/rural-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 <http://www.healthinfonet.ecu.edu.au/health-infrastructure/health-workers/aboriginal-and-islander-medical-health-services> 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

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. 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

RURAL AND REMOTE HEALTH SERVICE PROVIDERS

CRANApplus' Bush Support Line provides 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.