## local supports

- Australian Psychological Society (APS): find a psychologist in your local area.
- Mental Health Access Line, NSW: 1800 011 511 available 24 hours a day, 7 days a week, offering professional help and advice, and referrals to local mental health services.
- <u>Health Direct</u>, Australia: government funded service providing quality approved health information and advice.
- Primary Health Network: funds a variety of local mental health services.

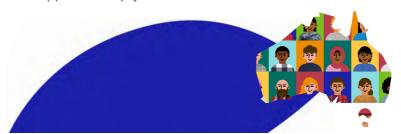
# national supports

#### Support for young people:

- <u>headspace National Youth Mental Health Foundation</u>: Information and resources for young people, family and friends.
- eheadspace: 1800 650 890 available 9am 1am, 7 days a week.
- ReachOut Australia: Online mental health service for young people and their parents.
- <u>Kids Helpline</u>: 1800 55 1800 available by phone, email or webchat, 24 hours a day, 7 days a week.

#### **Support for adults:**

- Parent Line, NSW: 1300 1300 52 available 9am to 9pm Monday to Friday and 4pm to 9pm on weekends. Free telephone counselling and support service for parents and carers with children aged 0 to 18 who live in NSW.
- <u>ReachOut</u> Australia: free, personalised, professional support for parents/carers supporting young people 12-18yrs.
- MensLine Australia: 1300 78 99 78 available by phone, online chat, or video chat, 24 hours a
  day, 7 days a week
- National Relay Service: 1300 555 727 chat call and captions call options available.
- National Translation and Interpreter Service
- <u>Carers Australia</u>: Provides delivery of national programs, support and services for carers across Australia.
- <u>Carer Gateway</u>: 1800 422 737 connect with a new Australia-wide network of Carer Gateway service providers. They will talk through what you need and help you to find local services and support to help you.



### **Support for everyone:**

- <u>StandBy</u>: 1300 727 247 supporting anyone who has been bereaved or impacted by suicide at any stage in their life. Accessible 24 hours a day, seven days a week.
- <u>Lifeline</u>: 13 11 14 available 24 hours a day, 7 days a week for crisis support. Lifeline Text: 0477 13 11 14 - available from 12pm to midnight (AEST). Lifeline Chat: available 7pm to midnight (AEST).
- Beyond Blue: 1300 22 4636 available 24 hours a day, 7 days a week.
- <u>Suicide Call Back Service</u>: 1300 659 467 nationwide service providing 24/7 telephone and online counselling to people 18 years+ affected by suicide.
- <u>Black Dog Institute</u>: not-for-profit facility for diagnosis, treatment and prevention of mood disorders such as depression, anxiety and bipolar disorder.
- <u>eSafety Commissioner</u> Australia: supports people experiencing online bullying or abuse.
- <u>Head to Health</u>: brings together apps, online programs, online forums, and phone services, and digital information resources.
- <u>1800RESPECT</u>: 1800 737 732 available 24 hours a day, 7 days a week for sexual assault, domestic family violence counselling.
- <u>Butterfly</u>: 1800 33 4673 available 8am midnight, 7 days a week via phone, online chat, email. Support for eating disorders and body image issues.
- <u>ACON</u>, NSW: supporting LGBTQI+ people take control of their mental health by providing a range of counselling services and a care coordination program for people with complex needs.
- <u>Sane Australia</u>: a national mental health charity making a difference in the lives of people affected by complex mental health issues through support, research and advocacy.
- <u>Mindspot</u>: provides screening assessments and internet-delivered cognitive behavioural therapy (ICBT) courses for Australians troubled by stress, worry, anxiety and depression.
- <u>This way up</u>: trusted Australian provider of evidence-based, internet-delivered Cognitive Behavioural Therapy (iCBT) programs.
- Police and Ambulance: 000.

