

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.
- [Health Direct](#), 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:

- [headspace National Youth Mental Health Foundation](#): Information and resources for young people, family and friends.
- [ehheadsace](#): 1800 650 890 - available 9am – 1am, 7 days a week.
- [ReachOut](#) Australia: Online mental health service for young people and their parents.
- [Kids Helpline](#): 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.
- [ReachOut](#) 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](#)
- [Carers Australia](#): Provides delivery of national programs, support and services for carers across Australia.
- [Carer Gateway](#): 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:

- [StandBy](#): 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.
- [Lifeline](#): 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.
- [Suicide Call Back Service](#): 1300 659 467 - nationwide service providing 24/7 telephone and online counselling to people 18 years+ affected by suicide.
- [Black Dog Institute](#): not-for-profit facility for diagnosis, treatment and prevention of mood disorders such as depression, anxiety and bipolar disorder.
- [eSafety Commissioner](#) Australia: supports people experiencing online bullying or abuse.
- [Head to Health](#): brings together apps, online programs, online forums, and phone services, and digital information resources.
- [1800RESPECT](#): 1800 737 732 - available 24 hours a day, 7 days a week for sexual assault, domestic family violence counselling.
- [Butterfly](#): 1800 33 4673 - available 8am – midnight, 7 days a week via phone, online chat, email. Support for eating disorders and body image issues.
- [ACON](#), 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.
- [Sane Australia](#): a national mental health charity making a difference in the lives of people affected by complex mental health issues through support, research and advocacy.
- [Mindspot](#): provides screening assessments and internet-delivered cognitive behavioural therapy (ICBT) courses for Australians troubled by stress, worry, anxiety and depression.
- [This way up](#): trusted Australian provider of evidence-based, internet-delivered Cognitive Behavioural Therapy (iCBT) programs.
- Police and Ambulance: 000.

