

Helpful Mental Health Resources

Throughout Australia, there are numerous organisations that provide both general and specialised mental health care. Here are some of the most well-known in the country and what service(s) they provide.

1. Beyond Blue

Beyond Blue is an organisation that provides a free online and telephone helpline for people with depression, anxiety or other mental health issues. They also work to equip Australians with the knowledge and skills to achieve their best possible mental health.

Telephone: 1300 22 4636 (available 24/7)

Website: <https://www.beyondblue.org.au>

2. Lifeline

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention.

Telephone: 13 11 14 (available 24/7)

Website: <https://www.lifeline.org.au>

3. Black Dog Institute

The Black Dog Institute is a not-for-profit facility for diagnosis, treatment and prevention of mood disorders such as depression, anxiety and bipolar disorder. They also provide a free mental health check on their website.

Website: <https://www.blackdoginstitute.org.au>

4. White Ribbon

The White Ribbon Campaign is a global movement of men and boys working to end male violence against women and girls. The White Ribbon website provides resources to help

men better understand the issue of men's violence against women, and what they can do about it.

Website: <https://www.whiteribbon.org.au>

5. 1800RESPECT

The National Sexual Assault, Family & Domestic Violence Counselling Line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault.

Telephone: 1800 737 732

Website: www.1800respect.org.au

6. MensLine Australia

MensLine Australia is a free telephone and online counselling service offering support for Australian men anywhere, anytime.

Telephone: 1300 78 99 78

Website: <https://mensline.org.au>

6. Kids Helpline

Kids Helpline is Australia's only free 24/7, confidential and private counselling service specifically for children and young people aged 5 to 25 years.

Telephone: 1800 55 1800 (available 24/7)

Website: <https://kidshelpline.com.au>



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8. Suicide Call Back Service

Suicide Call Back Service is a free nationwide service providing 24/7 phone and online counselling to people affected by suicide.

Telephone: 1300 659 467

Website: <https://www.suicidecallbackservice.org.au>

9. Open Arms — Veterans & Families Counselling

Mental health support for Navy, Army and Air Force personnel, veterans & their families.

Telephone: 1800 011 046

Website: <https://www.openarms.gov.au>

10. QLife

QLife provides anonymous and free LGBTQI+ peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.

Telephone: 1800 184 527

Website: <https://qlife.org.au>

11. 13Yarn

A free and confidential service run by Aboriginal and Torres Strait Islander People for Aboriginal and Torres Strait Islander People.

Telephone: 13 92 76

Website: <https://www.13yarn.org.au>

12. The National Indigenous Postvention Service

The Indigenous Suicide Postvention Services supports individuals, families, and communities affected by suicide or other significant trauma.

Telephone: 1800 805 801

Website: <https://thirrili.com.au/postvention-support>



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