



National Helplines and websites (links attached)

[Lifeline](#) (anyone having a personal crisis) — call 13 11 14 or chat online

The Beyond Blue Support Service provides advice and support via telephone 24/7 (just call 1300 22 4636), daily web chat (between 3pm–12am) and email (with a response provided within 24 hours).

[1800RESPECT](#)

Confidential information, counselling and support service open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.

[Black Dog Institute](#)

Information on symptoms, treatment and prevention of depression and bipolar disorder.

[Carers Australia](#)

1800 242 636 Short-term counselling and emotional and psychological support services for carers and their families in each state and territory.

[Embrace Multicultural Mental Health](#)

A national platform for multicultural communities and Australian mental health services to access resources, services and information in a culturally accessible format.

[Headspace](#)

1800 650 890 Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time.

[Kids Helpline](#)

1800 55 1800 A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

[MensLine Australia](#)

1300 78 99 78 A telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way.

[Head to Health](#)

An innovative website that can help you find free and low-cost, trusted online and phone mental health resources.

MindSpot Clinic

1800 61 44 34 An online and telephone clinic providing free assessment and treatment services for Australian adults with anxiety or depression.

National Aboriginal Community Controlled Health Organisation (NACCHO)

Aboriginal Community Controlled Health Services and Aboriginal Medical Services in each state and territory.

National Debt Helpline

1800 007 007

Financial counselling is available from the National Debt Helpline. Financial counsellors are qualified professionals who provide information, advice and advocacy to people in financial difficulty. Their services are free, confidential, independent and non-judgmental.

QLife

1800 184 527 3pm-12am

QLife is Australia's first nationally-oriented counselling and referral service for LGBTI people. The project provides nation-wide, early intervention, peer supported telephone and web based services to diverse people of all ages experiencing poor mental health, psychological distress, social isolation, discrimination, experiences of being misgendered and/or other social determinants that impact on their health and wellbeing.

Relationships Australia

1300 364 277 A provider of relationship support services for individuals, families and communities.

SANE Australia

1800 18 7263 Information about mental illness, treatments, where to go for support and help carers.

Support after Suicide

Information, resources, counselling and group support to those bereaved by suicide. Education and professional development to health, welfare and education professionals.

The Butterfly Foundation

1800 33 4673

8am-midnight (AEST)

Phone, webchat and email support for those experiencing an eating disorder, friends, family, carers and professionals.

For more information on low cost or free mental health services - <https://www.healthdirect.gov.au/low-cost-or-free-mental-health-services>