

Mental Health Support and Information

Services, Hotlines and Websites

Service	For	Contact Details
Lifeline	Anyone having a personal crisis	13 11 14 24 Hours Online Chat Available
Suicide Call back Service	Anyone thinking about suicide, or people affected by suicide	1300 659 467 24 hours
Beyond Blue	Anyone feeling anxious or depressed	1300 224636 24 hours Online Chat Available
Mindspot	Australian Adults experiencing difficulties with anxiety, stress, depression and low mood	1800 614 434 Mon-Fri 8am-8pm
Mensline	Men with emotional or relationship issues	1300 789 978
Mens Referral Service	Men who have anger issues, relationship or parenting issues	1300 766 491
Open Arms	Veterans and family	1800 011 046
Kids Helpline	Counselling for young people aged 5-25yo	1800 551 800
NSW Mental Health Line	Access to your local acute mental health team	1800 011 511
1800 Respect	Anyone impacted by sexual or family violence	1800 RESPECT 1800 737 732 24 hours
Full Stop Australia	Anyone impacted by sexual violence	1800 FULL STOP 1800 385 578 24 hours Online counselling available
NSW Sexual Violence Helpline	Anyone in NSW impacted by sexual assault (including friends, families and supporters)	1800 424 017 24 hours
Sexual Abuse and Redress Support Service	Adult survivors of childhood institutional sexual abuse. Supporting anyone accessing the Redress Scheme and alternative compensation.	1800 211 028 24 hours
Sexual, Domestic and Family Violence Helpline	anyone in Australia whose life has been impacted by domestic or family violence.	1800 943 539 24 hours
Rainbow Sexual, Domestic and Family Violence Helpline	Anyone from the LGBTIQ+ community whose life has been impacted by sexual domestic and/or family violence	1800 497 212 24 hours
Alcohol and Drug Information Service	Anyone seeking help for their own or another person's alcohol or drug use	1800 422 599 (02) 9361 8000 24 Hours
Parent and Family Drug Support Line	Families and carers concerned about a loved one's alcohol or drug use	1800 653 203 (08) 9442 5000 24 hours
Child Protection Hotline	Anyone concerned about a child or young person suspected to be at risk of significant harm	132 111 24 hours
Perinatal Depression Support (PANDA)	Parents and families during pregnancy and first year of parenthood	1300 726 306 Mon-Sat 9am-7pm
Butterfly Foundation National Hotline	Anyone concerned about eating disorder or body image issues	1800 ED HOPE 1800 334673 Mon-Sun 8am-12am Online Chat Available
Link Up NSW Aboriginal Corporation	Any Aboriginal People affected by past government policies, force removal or fostered, adopted or raised in institutions	1800624332 02 72271443
Carers Australia	Carers and their families	1800 242 636 NSW 02 9280 4744
Carers Connection Line	Carers of people with a mental illness	1300 554 660 02 9332 0777
Young Carers Helpline	Young people caring for others	1800 242 636