



**EMPOWERED  
FORWARD**

THROUGH EDUCATION AND SUPPORT

## Mental Health Services and Resources, Australia

In an emergency situation, phone 000

### General

#### **13 Mental Health Call**

If you or someone that you know of needs support, information, or a referral, you need to call 13 MHCALL. This is your first point of contact for adult mental health services.  
Ph: 1300 64 22 55

#### **MoodGYM**

This is an innovative, interactive web program designed to prevent depression. It consists of 5 modules, an interactive game, anxiety and depression assessments, downloadable relaxation audio, a workbook and feedback assessment.  
<https://moodgym.com.au/>

#### **Lifeline**

Lifeline provides counselling services for anyone at any time.  
Phone 13 11 14

#### **SANE helpline**

SANE provides information, advice and referral for mental illness.  
Phone 1800 187 263

#### **Beyond Blue**

Beyond Blue provides information and referral for depression and anxiety.  
Phone 1300 224 636

#### **MiNetworks**

MiNetworks connects you to an experienced mental health worker to find information and support.  
Phone 1800 985 944

### Aboriginal and/or Torres Strait Islander

#### **13YARN**

If you or someone you know would benefit from speaking to or having a yarn with an Aboriginal or Torres Strait Islander Crisis Supporter, connect with 13YARN. Available 24 hours a day, 7 days a week.  
Phone: 13 92 76

### Alcohol and Other Drugs

#### **National Alcohol and Other Drug Hotline**

Reaching out for help and support is an important first step in dealing with the issues drugs and alcohol might be causing in your life, or affecting a friend or family member. Contact the National Alcohol and Other Drug Hotline today.  
Phone: 1800 250 015

#### **Counselling Online**

Counselling online is a free and confidential service that provides 24/7 support to people across Australia affected by alcohol or drug use.  
<https://www.counsellingonline.org.au/>

### Carers

#### **ARAFMI**

Support for family, friends and carers of people with mental illness.  
Phone 1800 351 881

### Debt

#### **National Debt Helpline**

Money problems can happen to anyone. While you might feel embarrassed about seeking help, financial counsellors aren't judgmental about your circumstances – they're here to offer you free, confidential and independent advice. Speak to a financial counsellor.  
Phone: 1800 007 007

### Diversity

#### **Diverse Voices**

Peer counselling service for gay, lesbian, bisexual, transgender and intersex people and their families and friends.  
Phone 1800 184 527 (3pm to midnight)

#### **Harmony Place**

Mental health services for culturally and linguistically diverse backgrounds and communities.  
Phone (07) 3848 1600

#### **Multicultural Connect Line**

Telephone counselling for people from Culturally and Linguistically Diverse backgrounds.  
Phone 1300 079 020



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### Domestic and Sexual Violence or Abuse

#### **1800 RESPECT - National Domestic Violence and Sexual Assault Helpline**

Australia's national sexual assault, domestic violence and family violence counselling service. Available 24 hours a day, 7 days a week.  
Phone: 1800 737 732

#### **DV Connect**

Pathways to safety away from domestic, family and sexual violence. Contact DV Connect for support with safety planning, crisis counselling, intervention, information and referrals as well as emergency transport and accommodation for your entire family including pets. Available 24 hours a day, 7 days a week.  
Phone: 1800 811 811

#### **DV Assist**

Call us if you are experiencing family or domestic violence.  
Phone: 1800 080 083

### Elders

#### **National Elder Abuse Helpline – 1800 ELDERHelp**

There is no shame in asking for help if you are experiencing problems as a result of gambling. That's why we offer a free, confidential service – so that you can have an open conversation about what is worrying you and make sure you get the support you deserve.  
Phone: 1800 353 374

### Gambling

#### **Gamble Aware**

There is no shame in asking for help if you are experiencing problems as a result of gambling. That's why we offer a free, confidential service – so that you can have an open conversation about what is worrying you and make sure you get the support you deserve.  
Phone: 1800 858 858

### Men

#### **Men's Line**

Telephone and online support, information and referral service to help men with relationship and other problems.  
Phone 1300 789 978

### Perinatal and Parenting

#### **Parentline**

Support, counselling and education for parents.  
Phone 1300 301 300

#### **PANDA**

Perinatal anxiety and depression Australia (PANDA) supports women, men and families across Australia affected by anxiety and depression during pregnancy and in the first year of parenthood.  
Phone 1300 726 306 (Mon to Fri, 9am - 7:30pm AEST)

### Veterans

#### **Open Arms - Veterans and Families Counselling (formerly known as Veterans and Veterans Families Counselling Service)**

Counselling and group programs for Australian veterans, peacekeepers and their families.  
Phone 1800 011 046

### Youth and Young People

#### **Kids Helpline**

Telephone and online counselling for young people aged 5-25.  
Phone 1800 551 800

*This information is intended to be a list of resources only. No responsibility is accepted by Empowered Forward for any information, advice, outcomes or losses; should you or someone you know / know of engage with or access such services listed. This list is not exhaustive, and it does not endorse particular services. This list is for information purposes only regarding some of the services that are available within Australia*