

COUNSELLING SUPPORT

Helpful Resources for Students:

Lifeline

www.lifeline.org.au 13 11 14 (24 hour)

Provides access to suicide prevention, crisis support as well as mental health support services.

Kids Helpline (5-25 years)

www.kidshelp.com.au 1800 551 800

A 24 hour counselling service for young people, offered by phone, email or over the web.

Mensline Australia

www.menslineaus.org.au 1300 78 99 78

Provides telephone support, information and referral service to men experiencing relationship difficulties.

Alcohol and Drug Information Service

www.alcohol.gov.au

Provides information about Alcohol and Drug Information Services in each State and Territory.

Smart Recovery (Self-empowering addiction recovery support group)

www.smartrecoveryaustralia.com.au

Face-to-face and online groups for people wanting to overcome their addictive behaviours.

Gambling Help

www.gamblinghelponline.org.au 1800 858 858

Phone, online and face to face counselling to help people understand and overcome problem gambling and support them through the process.

The National Association for Loss and Grief

www.nalag.org.au (02) 9489 6644 (call costs will apply)

Information on services available as well as telephone counselling for people experiencing grief.

Relationships Australia

www.relationships.com.au 1300 364 277

Provides relationship support services to individuals, couples and families.

Gay and Lesbian Counselling and Community Services of Australia

www.glccs.org.au

Provides information and links to the primary gay, lesbian, bisexual and transgender persons telephone counselling service organisations across Australia.

Gay and Lesbian Counselling Service of NSW

www.glcsnsw.org.au 1800 184 527

This volunteer based community service offers counselling, information and referral services for gay, lesbian, bisexual and transgender persons. Similar services are available in your State or Territory.

ACON Community Health and Action

www.acon.org.au 1800 063 060

Australia's largest community-based gay, lesbian, bisexual and transgender health and HIV/AIDS organisation promoting health and well being. Similar services are available in your State or Territory.

Beyond Blue

www.beyondblue.org.au 1300 22 4636

Provides information about anxiety and depression.

Black Dog Institute

www.blackdoginstitute.org.au

A research and educational facility offering specialist expertise in depression and bipolar disorder.

SANE Australia

www.sane.org 1800 18 7263

Provides information and support for people affected by mental illness, their family and friends.

National Sexual Assault, Family and Domestic Violence Counselling Line
1800 RESPECT (1800 737 732)

Counselling, information, advice and referral to local services. Available 24 hours a day for people who have experienced, or are at risk of experiencing, family and domestic violence and/or sexual assault.

Sexual Assault
www.nswrapecrisis.com.au 1800 424 017

A 24 hour telephone and online counselling for people whose life has been affected by sexual violence. Similar services are available in your State or Territory.

Service for Rehabilitation of Torture and Trauma Survivors
www.startts.org.au

Information, resources and support for refugees. Similar services are available in your State or Territory.

Reach Out
www.reachout.com.au

Web-based service offering information, support and skill development to improve mental health and well being.

The Butterfly Foundation
www.thebutterflyfoundation.org.au 1800 33 4673

Provides support for people suffering from eating disorders and negative body image.

MoodGYM
<http://moodgym.anu.edu.au/welcome>

This is a free web-delivered service from Australian National University for people experiencing depression and anxiety. Students can really benefit from participating in these modules.