

Mental Health Service Information Sheet

Phone: (+61) 0406 255 464
empoweredforward.jessica@outlook.com
<https://empoweredforward.com/>



GENERAL SERVICES

13 Mental Health

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

Medicare Mental Health Phone Service

Speak to a trained professional or receive a referral to a suitable mental health service. Medicare Mental Health phone service will continue to keep in touch with the patient until they are connected with the appropriate service provider.

Phone: 1800 595 212

Lifeline

Counselling services for anyone at anytime.

Phone 13 11 14

SANE Helpline

Information, advice and referral for mental illness.

Phone 1800 187 263

Beyond Blue

Information and referral for depression and anxiety.

Phone 1300 224 636

MiNetworks

Connects you to an experienced mental health worker to find information and support.

Phone 1800 985 944 or go online.

DEBT

National Debt Helpline

Money problems can happen to anyone. These financial counsellors aren't judgmental about your circumstances.

Phone: 1800 007 007

YOUTH AND YOUNG PEOPLE

Kids Helpline

Telephone and online counselling for young people aged 5-25.

Phone 1800 551 800

Headspace

Australia's national youth mental health foundation.

<https://headspace.org.au/>

ALCOHOL AND OTHER DRUG SERVICES

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.

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/>

ABORIGINAL AND TORRES STRAIT ISLANDER SERVICES

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

CARERS SERVICES

ARAFMI

Support for family, friends and carers of people with mental illness.

Phone 1800 351 881

Carer Gateway

Carer Gateway provides a range of free services and support for carers. Mon - Fri 8am to 5pm.

Phone: 1800 422 737

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

MENTAL HEALTH SERVICE DIRECTORIES

Mental Health Services QLD Government Directory - <https://www.qld.gov.au/health/mental-health-and-wellbeing/how-to-get-help>

QLD Government Mental Wellbeing Find Help - <https://www.mentalwellbeing.initiatives.qld.gov.au/support>

QLD Mental Health Commission Mental Health Services Directory - <https://www.qmhc.qld.gov.au/find-support-services>

QLD Mental Health Commission Mental Health Crisis Contact Directory - <https://www.qmhc.qld.gov.au/emergency-contacts>

Digital Mental Health Service Directory - <https://www.emhprac.org.au/directory/>

Lifeline Support Services Toolkit Directory - <https://toolkit.lifeline.org.au/articles/support>

Lifeline Tools and Apps Toolkit Directory - <https://toolkit.lifeline.org.au/articles/resources>

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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

ELDERS

National Elder Abuse Helpline – 1800 ELDER Help

Elder abuse as a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person. If you need or someone you know needs assistance, call this helpline.
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

DOMESTIC OR SEXUAL ASSAULT OR VIOLENCE

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

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)

GIDGET Foundation

Mental health support for expectant or new parents.
Phone: 1300 851 758
<https://www.gidgetfoundation.org.au/>

SMS 4 Dads

SMS4dads helps fathers understand and connect with their baby and partner. It also checks in on their wellbeing and offers professional support if needed.
<https://www.sms4dads.com.au/>

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