

Quick Guide: Mental Health Service Information Sheet

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



General Public & Community Members

Lifeline – 13 11 14

24/7 crisis support and suicide prevention helpline.

Lifeline Support Services Toolkit

A directory of national support services across mental health, housing, and more.

toolkit.lifeline.org.au/articles/support

Lifeline Tools and Apps Toolkit

Curated list of mental health apps and digital tools.

toolkit.lifeline.org.au/articles/resources

Digital Mental Health Service Directory (eMHPrac)

National directory of online mental health services and resources.

emhprac.org.au/directory

QLD Government Mental Health Services Directory

Queensland-based mental health service finder.

qld.gov.au/health/mental-health-and-wellbeing/how-to-get-help

QLD Government Mental Wellbeing Find Help

Support options for mental wellbeing across Queensland.

mentalwellbeing.initiatives.qld.gov.au/support

QLD Mental Health Commission – Services Directory

Searchable directory of mental health and wellbeing services.

qmhc.qld.gov.au/find-support-services

QLD Mental Health Commission – Crisis Contact Directory

Emergency and crisis contact list for Queensland residents.

qmhc.qld.gov.au/emergency-contacts

SANE Helpline – 1800 187 263

Support for people living with complex mental health issues.

Beyond Blue – 1300 224 636

Support for anxiety, depression, and suicide prevention.

MiNetworks – 1800 985 944

Mental health information and referral service.

Medicare Mental Health Phone Service – 1800 595 212

Access point for mental health care navigation and support.

13 MHCALL – 1300 64 22 55

Queensland's adult mental health triage and referral line.

Centacare FNQ

Community-driven services across Far North Queensland, including mental health support, multicultural programs, mental health programs, parenting programs, aged care and disability services, disaster recovery assistance, and counselling and coaching for individuals, families, and carers.

www.centacarefnq.org

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Substance Use

ADF Drug Facts

Evidence-based information on alcohol and other drugs.
adf.org.au/drug-facts

ADF Resources

Educational tools and fact sheets for professionals.
adf.org.au/resources

Queensland ADIS

24/7 alcohol and drug support, information, and referral.
adis.health.qld.gov.au

NSW State Library Drug Info – A to Z of Drugs

Comprehensive drug information for education and awareness.
druginfo.sl.nsw.gov.au/drugs/a-to-z-of-drugs

NSW State Library Quick Guide to Drugs & Alcohol

Concise overview of drug and alcohol facts and support.
sl.nsw.gov.au/quick-guide-drugs-alcohol

Youth & Young Adults

Headspace

Youth-focused mental health, physical health, and work/study support.
headspace.org.au

Kids Helpline – 1800 551 800

24/7 counselling for children and young people aged 5–25.

Aboriginal & Torres Strait Islander Communities

13YARN – 13 92 76

National crisis support line for Aboriginal and Torres Strait Islander people.
13yarn.org.au

Carers & Families

ARAFMI – 1800 351 881

Support for carers of people with mental illness.

Carer Gateway – 1800 422 737

National support service for unpaid carers.

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Veterans & Peacekeepers

Open Arms – 1800 011 046
Free counselling and support for veterans and their families.

Diverse Communities

Diverse Voices – 1800 184 527
Peer support line for LGBTQIA+ communities (3pm–midnight).

Harmony Place – (07) 3848 1600
Culturally inclusive mental health support for CALD communities.

Multicultural Connect Line – 1300 079 020
Mental health support for culturally and linguistically diverse individuals.

Elders

National Elder Abuse Helpline – 1800 353 374
Support and advice for older Australians experiencing abuse.

Gambling Support

Gamble Aware – 1800 858 858
Free, confidential support for gambling-related issues.

Men's Support

Men's Line – 1300 789 978
Counselling and support for men with relationship or mental health concerns.

Domestic & Sexual Violence

1800 RESPECT – 1800 737 732
National sexual assault, domestic and family violence counselling service.

DV Connect – 1800 811 811
Queensland's domestic violence crisis line.

DV Assist – 1800 080 083
Domestic violence support for people in regional and remote areas.

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Parenting & Perinatal Support

Parentline – 1300 301 300
Confidential parenting support and guidance.

PANDA – 1300 726 306
Perinatal anxiety and depression support (Mon–Fri, 9am–7:30pm AEST).

Gidget Foundation
Perinatal mental health support for parents and families.
gidgetfoundation.org.au

Gidget Foundation (Phone) – 1300 851 758
Direct support line for perinatal mental health concerns.

SMS4Dads
Text-based support for new and expecting fathers.
sms4dads.com.au