

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.

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Health Professionals & Support Workers

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